Living
together after
a split

The drugstore
sunscreen
we swear by

Let’s talk
about sex
after 40

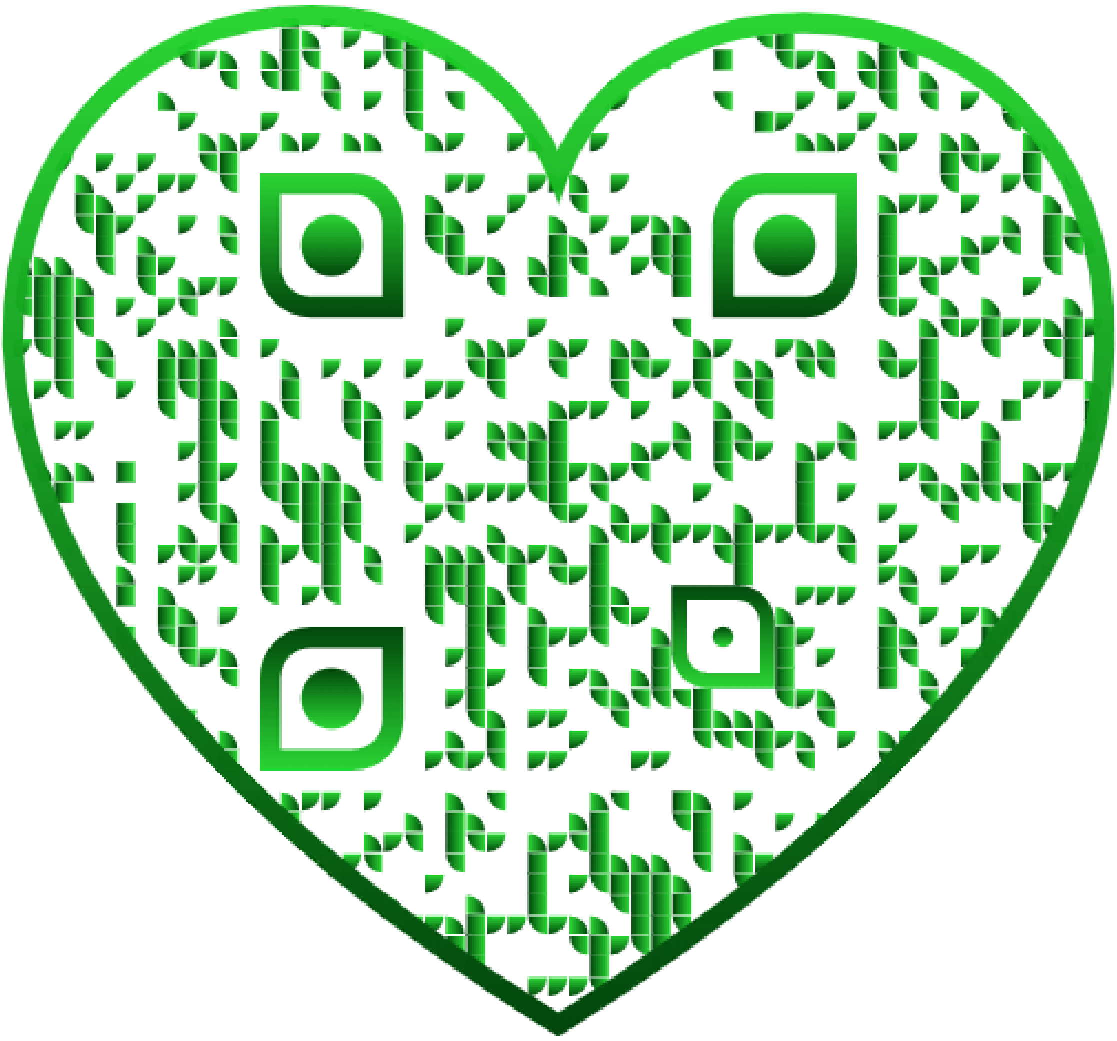
An easy-
breezy grilling
feast

MADE IN
CANADA FOR
97 YEARS AND
COUNTING!

CHÂTELAINE

Cool, Cool Summer

This dreamy
dessert
has it all:
Ice cream!
Noodles!
Pistachios!
Strawberry
jelly!



CHATELAINE

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Volume 98, Issue #2

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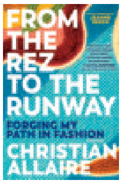

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We've added icons to indicate products from brands that are Canadian and/or owned by Black people, Indigenous people or people of colour (BIPOC). 🍁 Canadian 🛍 BIPOC-owned

Is It Summer Yet?

I'm writing this letter on May 22, when summer seems so tantalizingly close, yet so far away. (Earlier this week I wore mitts on my morning run.) The mercury has hit 20C in Toronto a handful of times so far this year, and those first few warm days always seem like a miracle after a long winter. And—trust me!—I know that our winters are way milder than those in most other parts of Canada. I grew up in Thunder Bay, which received a light dusting of snow this past Victoria Day weekend.

One of the warmest days we've had so far coincided, happily, with the second-annual Chatelaine Wellness Retreat. The full-day event, hosted in partnership with the incontinence brand TENA, was held at Vettä Nordic Spa in Oro-Medonte, Ont. It was awesome to gather with so many *Chatelaine* readers and friends, and take advantage of the outdoor spa circuit. But the highlight of the day (for me, at least) was the conversation I moderated with media personality and mental health advocate Varda Étienne and the Twin Agers, a.k.a. Leslie White and Cynthia Heyd, twin sisters who are age-positivity influencers.

Like TENA, part of our mission at *Chatelaine* is to help women feel empowered and unashamed about experiences like incontinence, and a big part of that is talking candidly about them. And that's exactly what we did, the conversation pinballing from bladder leakage to body image to menopause to aging. (Leslie and Cynthia refer to the midlife years and beyond as the "magic hour," a term I love.)

Another experience we want to talk more candidly about is what sex is like after 40. It seems—at least based on the responses to a short survey we sent out—that you want to talk about it too. Your responses helped shape the stories that start on page 34.

Also in this issue, you'll find a profile of groundbreaking relay racer Logan Red Crow (page 28), 125 of our favourite beauty products (page 48) and recipes for drinkable desserts (page 72), an easy-going grilling feast (page 64) and a dead-simple sour cherry cobbler (page 90).

Wishing you a cool (but hot!) summer,

mh

Maureen Halushak
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HALUSHAK PHOTO, CHRISTIE VUONG.

THE DISH

A LITTLE BIT OF THIS, A LITTLE BIT OF THAT

Serve soup cold this summer, with a side of Spanish snacks.

GAZPACHO P 6

Welcome to Weeknight Hero—a speedy, slam-dunk recipe you'll want to cook again and again, any night of the week.

PRODUCED BY AIMEE NISHITOBA. PHOTO, CHRISTIE VUONG. FOOD STYLIST, SAGE DAKOTA. PROP STYLIST, MADELEINE JOHARI.

Gazpacho

PREP 10 MIN; TOTAL 20 MIN PLUS CHILLING TIME

SERVES 4 *Too hot to cook dinner? A cool bowlful of gazpacho is the perfect solution. When laid out with a few snacks, such as almonds and serrano ham, it truly feels like a guest-worthy meal—one that tastes even better if made ahead and chilled. Play with the amounts of shallot and vinegar if you prefer less bite to your soup, just don't skimp on the olive oil.*

680 g	very ripe tomatoes, cores removed and roughly chopped
½	large cucumber, peeled and roughly chopped
1	small cubanelle pepper, deseeded and roughly chopped
1	medium shallot, root removed and quartered
1	garlic clove, smashed
2 tsp	Worcestershire sauce
1 to 2 tsp	white wine vinegar
1 tsp	salt
	Pinch of cumin
6 to 8 tbsp	olive oil

For serving

	Sliced cucumber (optional)
1	200-g pkg sliced serrano ham, at room temperature
1 cup	spiced or salted almonds
1 cup	pitted, marinated manzanilla olives
1	loaf crusty bread, sliced
	Salted butter, for spreading

1. Combine tomatoes with chopped cucumber, pepper and shallot in a high-powered blender. Pulse until pulpy, but not fully blended. Add garlic, Worcestershire sauce, vinegar, salt and cumin. Blend on high until combined.

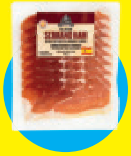
2. Reduce speed to a steady whirl and slowly drizzle in oil until gazpacho emulsifies and turns a creamy orange colour. Taste and season with more salt, if needed. (If using a hand- or lower-powered blender, press gazpacho through a sieve.)
3. Portion into 4 bowls if serving immediately, or refrigerate up to 8 hrs. If gazpacho separates after chilling, re-combine with a whisk.
4. To serve, garnish gazpacho with a drizzle of good quality olive oil and sliced cucumber, if desired. Arrange serrano ham, almonds, olives and sliced bread and butter in small serving plates and snack bowls to serve alongside gazpacho.

DELICIOUS SPANISH SIDES TO STOCK UP ON

FARM BOY SPANISH CHORIZO, $9, VOILA.CA

ANCHOVY-STUFFED MANZANILLA OLIVES, $8, SPANISHPIG.CA

SALTED CO. COCKTAIL ALMONDS, $15, FLAVOURFULL.CA



FARM BOY SERRANO HAM, $8, VOILA.CA

PRODUCED BY AIMEE NISHITOBA. PHOTO, CHRISTIE VUONG.
FOOD STYLIST, SAGE DAKOTA. PROP STYLIST, MADELEINE JOHARI.

✷ STYLE CRUSH ✷

By the Book

Meet the bestselling author who pulls fashion inspo from her colourful covers.

Carley Fortune

carleyfortune
41, TORONTO

Like her sizzling summer romances set in cottage country, Carley Fortune's style is fun, romantic and a little nostalgic—cool caftans, breezy white dresses, sweet puff-sleeved pieces and bold prints with a retro flair are all part of her repertoire. "There's 'Writer Carley', who is at home working diligently on her books, and that involves a lot of exercise clothing and loungewear sets," she says. "And then there's 'Author Carley', who is doing public events, and the goal is to make myself and others smile."

This summer, Fortune is hitting the road on a multi-stop promo tour for *One Golden Summer*, her newly released fourth novel. "I think about what I'm wearing as a way of expressing the energy of the books—each one has a colour story," she says. Inspired by the blues and sunset tones of her latest cover, she is packing her favourite jeans, hot pink pumps and a jacquard top trimmed with feathers. "I love how the fabric billows," says Fortune of the statement piece by Italian brand La Double J. "It's a 1960s martini-by-the-pool kind of blouse."

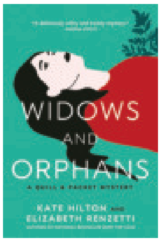
TEXT, ANDRÉANNE DION. PHOTO, CHRISTIE VUONG. SHOT ON LOCATION AT FLYING BOOKS IN TORONTO.

A SUMMER FOR THE BOOKS

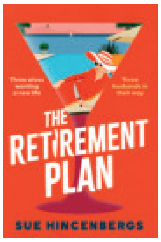
It isn't summer, for me at least, until I've devoured an entire book on whatever dock, deck or patch of grass I'm lucky enough to park myself on—and I wish you the same idyllic experience. These eight Canadian page-turners, from cozy mysteries to cottage romances to a zany murder plot that screams Lifetime miniseries, are perfect contenders for this season's TBR pile.

WRITTEN BY **Maureen Halushak**

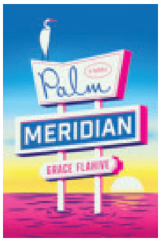
Scan to shop!



Widows and Orphans by Kate Hilton and Elizabeth Renzetti
The murder of an anti-vaxx wellness influencer at a woo-woo self-actualization summit kicks off the second smart whodunnit in the Quill & Packet series. Journalist Cat Conway chases the story as her small-town newspaper careens toward closure and her narcissistic mother harbours a life-changing secret. *(Out now)*



The Retirement Plan by Sue Hincenbergs
After Marlene's husband dies following a gruesome run-in with a garage door—leaving her with a life-changing insurance payout—her long-time friends Pam, Nancy and Shalista start plotting similar fates for their own husbands. Set aside any doubts you might have about the far-fetched plot and enjoy the wild ride of this twisty, hilarious novel. *(Out now)*

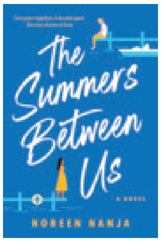


Palm Meridian by Grace Flahive
It's the year 2067. After a terminal diagnosis, 77-year-old Hannah—who lives in what remains of Florida—opts for a medically assisted death. Sounds grim, but our plucky heroine doesn't have time for tears. On her last night on earth, Hannah throws one hell of a party and hopes her ex-lover Sophie—whom we get to know in flashbacks—shows up. *(Out now)*

CARLEY
FORTUNE
One
Golden
Summer

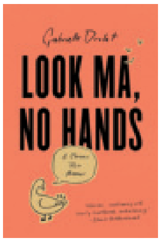
One Golden Summer by Carley Fortune
Type-A Alice escapes to Barry's Bay with her 80-year-old Nan. (She's healing from a breakup; her Nan from a broken hip.) There she encounters Charlie Florek, the playboy brother from Fortune's first bestseller. You might have an inkling how this story ends, but that doesn't make getting there any less satisfying. *(Out now)*

PHOTO, ISTOCK PHOTO.



The Summers Between Us by Noreen Nanja

Forced to work through her HR-mandated vacation, Lia decamps to the family cottage. There she trades glitzy dates with a fellow Muslim lawyer for coffees on the dock with Wes, the high-school boyfriend she hid from her parents—and starts to wonder who she's living her life for, herself or her family? *(Out now)*



Look Ma, No Hands: A Chronic Pain Memoir **by Gabrielle Drolet**

After experiencing symptoms that make typing excruciating, Drolet is forced to use tedious voice-to-text software to write ("Hey comma what are we doing for dinner tonight"). Here, she details her quest for relief as she navigates work, dating and IKEA furniture assembly—all without losing her sense of humour. *(Out now)*

5 MORE NEW NOVELS TO KEEP ON YOUR RADAR

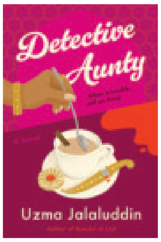
Don't Let Him In
by Lisa Jewell
The romance scammer at the heart of this propulsive page-turner will make you deeply suspicious of anyone you—or your friends—ever date again. *(June 24)*

Consider Yourself Kissed
by Jessica Stanley
A simultaneously heart-wrenching and heartwarming novel about what happens when you put your own career aspirations aside to support your partner's and raise a family. *(Out now)*

What Will People Think?
by Sara Hamdan
Mia works in media by day and—unbeknownst to her Palestinian-American grandparents, who raised her—as a comedian by night in this funny dual timeline novel about identity and family secrets. *(Out now)*

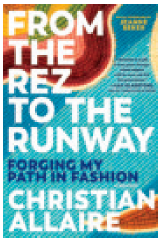
The Names
by Florence Knapp
A *Sliding Doors*-like exploration of the three alternative versions of the lives a mother and son can live—depending on which name she chooses for him. *(Out now)*

Maggie; Or, A Man And A Woman Walk Into A Bar
by Katie Yee
After the unnamed main character's husband reveals he's having an affair—over dinner at an all-you-can-eat buffet—she's diagnosed with cancer and names her tumour after the other woman. I couldn't put down this quirky survival story. *(July 22)*



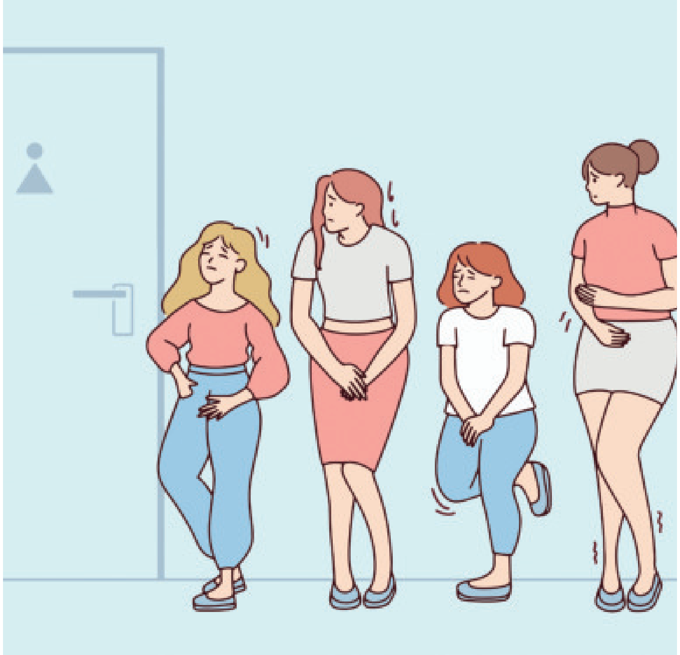
Detective Aunty **by Uzma Jalaluddin**

When her daughter, Sana, is accused of murder, 57-year-old widow Kausar leaves her solitary life in North Bay, Ont., and returns to Toronto, a city she fled years ago after a family tragedy. There, against Sana's wishes, she starts chasing clues. Sure, this cozy mystery is ostensibly about murder, but it's also about finding community and starting a new chapter. *(Out now)*



From the Rez to the Runway **by Christian Allaire**

Growing up on Nipissing First Nation, Allaire read *Vogue*, watched *Fashion Television* and longed to leave small-town life behind. After journalism school in Toronto, he moves to NYC and works his way up to a top job at *Vogue*. This candid memoir about overcoming adversity, chasing ambition and turning dreams into reality is an absolute delight to read. *(Out now)*



CREATED FOR TENA

Yes, I Pee A Little. No, I'm Not Ashamed Anymore.

Postpartum incontinence caught me off guard in my 20s. Here's how I learned to laugh, leak and live a little lighter—with pads and perspective.

By Rachel MacDonald*

I wasn't even 30 years old when it happened. It was just another day in my late 20s as a mom of three and recently postpartum. We were reading books and singing songs on the floor, but then I went to get up and there it was—an unexpected gush.

Panicked and confused, I ran to the bathroom to relieve whatever was left in my bladder. Fortunately for the toilet, there wasn't much to empty. Unfortunately for my underwear, I leaked enough that I had to change into a fresh pair.

I was a young mom who had given birth to three babies in five years, and at that point, I realized my age didn't matter. Despite feeling strong, healthy and capable, it felt like my body was failing me or that I had done something wrong. I had sacrificed the years when I could have been travelling and getting to know myself, and had traded that for difficult pregnancies that broke my body down. And now, on top of everything else, I was peeing myself!

"Don't worry, Mommy. I pee my pants sometimes, too," my chubby-cheeked three-year-old, Isla, whispered from the open doorway. Her show of support was enough to distract me from my downward spiral and make me laugh (good thing I'd already emptied my bladder).

A few months later, my ongoing incontinence came up while chatting with another mom, who breezily said to just wear a pad and that she always wore one, especially when she went on walks or exercised. At that point in time, I had never considered it or even realized there were pads specifically designed for bladder leaks. Then again, I never talked about incontinence because I felt ashamed, as if I did something wrong. That one conversation made such a difference in breaking the stigma—and my silence—because I realized I wasn't alone and that shame finally began to slip away. After we parted ways, I went straight to the drugstore to find these game-changing pads.

I was at the point where any kind of exercise —jogging, hiking, Pilates—would inevitably lead to some leakage. I had to be careful with the types of exercise and movements I tried—forget about jumping jacks and I wouldn't dare go near a trampoline. So the next day, before heading out to a Pilates class, I tossed a pad in my bag and went to the gym. By the end of class, with that pad in my pants, I was sold. I hadn't felt that confident (and dry) in a long time.

It's been nearly a decade since I lost control of my bladder for the first time and I no longer feel shame about needing support for my body. There's so much secrecy around this bodily function, even though many people commonly experience incontinence. While pads provide a helpful solution, it's important to speak with a physician, as there are a variety of causes for men and women—according to the Canadian Continence Foundation, 3.3 million Canadians experience incontinence.

Although I may not always have control of my bladder, I do have control over how I move through my day with confidence. I wear a pad whenever I exercise or will be out of the house for an extended period of time, and I carry a backup in my purse—for me or for anyone else who might need a little support. Even my kids know that "Mom needs her pads because she pees a little." Whether we're aging, have a medical condition or adjusting to our new postpartum bodies, it's important to normalize that our bodies function differently and that's certainly nothing to be ashamed of.

Protect Your Intimate Skin Health

Incontinence pads can help you gain confidence by giving back control over your body and daily activities. Whether you use pads daily or only during a few short periods throughout the week, it's important to protect your health by using products that won't compromise your intimate skin.

TENA Sensitive Care Pads are enriched with SkinComfort Formula™ to help protect intimate skin and provide up to 100 percent irritation-free protection. With a secure fit, soft side barriers and triple protection from leaks, odour and moisture, the pads help you feel confident and comfortable as you go about your day.

TENA
SENSITIVE care

*Name has been changed

✷ BEST OF THE BEST ✷

Fancy Pants

After weeks of testing, we got to the bottom of the comfiest—and cutest—Canadian undies.

1. BEST OVERALL

Hûha Hipster Mineral Undies

These ultra-soft, breathable briefs feature a wider-than-average seamless gusset for extra comfort and are made from Tencel spun with antimicrobial zinc oxide to better manage moisture and odours. *$28, hu-ha.com.*

2. BEST PERIOD UNDERWEAR

Knix Light Leakproof No-Show French Cut

We're longtime fans of the Toronto-based brand's leakproof collection, which comes in different styles and absorption levels, as well as stylish seasonal colours and designs. The French cut provides the perfect amount of coverage, while the light absorption liner can handle low-flow days without adding bulk. For heavier periods, opt for moderate or heavy absorbency. *$27, knix.ca.*

3. BEST NO-BUDGE STYLE

La Vie En Rose Microfibre Sleek Back High-Waist Bikini

The silky feel and substantial coverage of this bikini style was a hit among Team Chats, as were the silicone bands around the leg openings and waistband that keep it in place all day long. *$25, lavieenrose.com.*

4. MOST FLATTERING CUT

Blush The Micro Lace Trim Hipster

Available in a wide variety of pretty colours and patterns, this budget-friendly option wowed our editors, who loved the cheeky fit and lightweight fabric. *$15 or 3 pairs for $33, blushlingerie.com.*

5. BEST COVERAGE

Free Label Kimmie Undie

Sewn in Vancouver from a thick, slightly compressive blend of bamboo and spandex, this pair boasts great butt and waist coverage, as well as a breathable cotton gusset. *$48, freelabel.com.*

Scan to shop!

TEXT, ANDRÉANNE DION. PRODUCED BY ANDRÉANNE DION AND AIMEE NISHITOBA.
PHOTO, KENDRA HOWARD. STYLING, JEANIE LEE.

✱ HOW TO HEALTH BETTER ✱

Do You Really Need All-Body Deodorant?

WRITTEN BY **Andrea Yu**

YOU MIGHT HAVE noticed some new items at the drugstore lately: all-body deodorant sprays, balms and creams touting their ability to reduce odours everywhere. But are they really necessary? We asked two dermatologists if these new products pass the sniff test.

What's actually in deodorant?

"Deodorant is a product that helps mask odours that result from the breakdown of sweat by bacteria," explains Dr. Monica Li, a Vancouver-based dermatologist. It does this using fragrance, as well as with ingredients like mandelic and lactic acid that help inhibit the growth of odour-causing bacteria. Finally, deodorants can contain glycerin and niacinamide to help moisturize the skin.

But deodorants don't stop you from sweating. That's where antiperspirant comes in. The key ingredient in antiperspirants is aluminum salts, which plug the sweat glands and stop sweat, says Toronto dermatologist Dr. Renée A. Beach.

You might also find cornstarch in some deodorants and antiperspirants, which acts as a drying agent to decrease moisture in areas where the skin folds, like underarms and under the breasts.

What's in all-body deodorant?

These new all-body deodorants and antiperspirant products contain many of the same ingredients as regular deodorants, such as fragrance and aluminum salts. The difference, says Li, is that they've been tested for use all over the body instead of just the underarms. Companies like Lume—which sells creams, powders, wipes and solid balms as whole-body deodorants (some with aluminum salts for sweat control)—say that they can be used on "pits, underboobs, belly buttons, tummy folds, butt cracks, thigh creases, vulvas, balls and feet."

Are these products safe?

While Li says that deodorants are generally safe to use, whole-body deodorants may increase the chance of irritation. "If a small amount is used, such as on the armpits only, we may not see an issue," she says. "But if they go head-to-toe, that's a lot more volume of deodorant. That's when we may amplify the risk of contact sensitivity." Beach adds that areas of the body where the skin is easily broken or susceptible to eczema—like the groin, elbow creases or skin folds—are often prone to contact sensitivity, as they effectively trap the product. These areas also have a thinner skin texture, which also makes them more sensitive.

Beach says that external factors, like the type of activity you're doing or the clothes you're wearing, can also increase the chances of irritation from using all-body deodorant. "Did you shave or wax recently? What type of underpants were in contact with the site? Was it cotton or a fabric that's going to trap the ingredients more?"

So, do I *really* need this stuff in my life?

"I think that the concept of intimate skin deodorant and body perfume is unnecessary for the vast majority of us," says Beach. "Unfortunately, some advertising has preyed on our insecurities and fears of having odour when body scents are completely natural."

If you're looking to reduce sweating and body odour, Beach suggests showering right after exercising or promptly changing out of sweaty clothes. Reducing body hair can also curb odour, since hair traps sweat and bacteria. Ensuring that your body is totally dry after showering, especially in areas with skin folds, will lessen the moisture buildup that helps contribute to yeast growth.

If you still want to use deodorant beyond your armpits, Li says that it's probably safe to use regular deodorant on your palms and the soles of your feet because these areas are thicker-skinned. But if you want sweat and odour control on other parts of your body, use a product that's labelled for whole-body use. Li doesn't have a preference for creams, balms, sprays or wipes, but says to use them only where needed to reduce the potential risk of irritation. Ⓒ

PHOTO, GETTY IMAGES.

Gillian, our model *and* writer, is wearing an Amstaff 12-lb weighted vest.

How A Weighted Vest Amped Up My Walks

Our editor straps in and steps out.

WRITTEN BY **Gillian Grace** PHOTOGRAPHY BY **Kendra Howard**

I LOVE EXERCISE. I really do. But I also have two kids, a long commute and a large dog. So any exercise that I can do in conjunction with one of the above? I'm in. I run with my kids and bike to work. My dog walks, however, have been a fitness afterthought (for me, not my dog). Could a weighted vest change that?

What are the benefits of a weighted vest?

Weighted vests can level up any workout, says Christopher Gaffney, an associate professor in the Faculty of Health & Medicine at Lancaster University in the U.K. The benefits, he notes, are both cardiovascular and muscular.

"When we add weight...we are combating the natural process of losing muscle and bone [mass that comes with aging]," adds Mindy Terrington, a certified personal trainer based in Windsor, Ont. She uses weighted vests both for her clients and herself.

What weight of vest should you get?

For beginners, Gaffney says, start with a vest that weighs just a few kilograms. Then you can gradually increase the weight as you get accustomed to it. For this reason, the most versatile vests, according to Terrington, are ones that allow you to add or remove weight. If you're physically fit, start at five to 10 percent of your body weight.

How should a weighted vest fit?

"[Most commercial vests] are designed for the male body," Terrington says. You want a snug fit, so ideally try it on before you buy, or read as many reviews as possible. And "it never hurts to go with a known fitness brand," she says.

Who should avoid a weighted vest?

Pregnant people, those with existing injuries or those with advanced osteoporosis should not use weighted vests, Terrington says. (And if you have other physical concerns, check with your doctor before adding one to your exercise routine.)

How should you get started?

If you're a regular walker, build up to between 20 and 60 minutes of walking with the vest, two times a week, says Terrington. Then you can increase the frequency.

What is it like to wear one?

I opted for a 12-lb vest, which rests on my shoulders and snaps around my chest and ribcage with two straps. It's comfortable, but even on the tightest setting it's not quite as snug as I would like (I'm slight and small-chested).

For its maiden voyage, I wore it on a dog walk, and, despite a bit of sliding, it was easy to wear. It made the walk harder without making it unpleasant, and my glutes, quads and core felt like they got more of a workout.

What about running with a weighted vest?

Next up, I wore the vest on a 5K run. It slowed me down, though I was definitely working harder. Three days later, on a faster-paced 10K, I needed to walk on a hill I could usually power up. Bottom line: I'll keep wearing it on walks, but not runs—they're challenging enough as it is.

What else can you do with a weighted vest?

"You can enhance almost every exercise with it," Terrington says, including squats and lunges.

Scan to shop!

The weighted vest I'm wearing in this photo comes in black or pink, in weights ranging from six to 30 lbs. I found 12 lbs added a bit of oomph to my walks without being unpleasant.

AMSTAFF FITNESS WEIGHTED VEST, $57–$99, FITNESSAVENUE.CA

AIRISM SOFT LEGGINGS, AIRISM SOFT CROPPED T-SHIRT AND UV PROTECTION CAP, ALL UNIQLO, UNIQLO.COM.

Created for Natural CALM CANADA

Magnesium 101: How to Maximize Its Benefits for Your Body and Mind

Discover why adding this multi-tasking mineral to your daily routine could be the wellness upgrade you didn't know you needed

When it comes to essential nutrients that support both beauty and well-being, magnesium doesn't always get the spotlight it deserves. But this mighty mineral is quietly hard at work behind the scenes—helping regulate everything from your nervous system to your energy levels. And the reality is, many of us aren't getting enough.

According to Health Canada, about 40 per cent of Canadians aren't meeting their daily magnesium needs—that's where a smart supplement routine comes in. Whether it's through powders, gummies, or soothing topicals, magnesium supplements can be a game changer for how you feel inside and out.

Why Magnesium Matters

Magnesium is essential—our bodies can't produce it naturally, so getting our daily needs met through food or supplements is a must, according to experts at Natural Calm. Unfortunately, with modern farming practices and highly processed diets, magnesium deficiency is common. That's why daily supplementation can be beneficial.

Magnesium plays a role in more than 300 systems in the body. It supports muscle function, nerve transmission, energy production and even key neurotransmitters like serotonin—commonly known as the "feel-good" brain chemical. In short, it helps keep your body running smoothly and your mood balanced.

Beauty and Beyond: The Benefits of Magnesium

You might already link magnesium to stress relief—but its beauty benefits are just as impressive. It supports healthy skin and hair, may help regulate histamine levels (which as a result can help reduce allergy-linked skin sensitivity and irritation), and promotes better sleep—essential for overnight skin repair and a radiant, well-rested glow.

Choosing the Right Form for You

Magnesium supplements come in a few key formats, each offering unique benefits depending on your lifestyle and needs. Powders, such as Natural Calm Canada's signature magnesium citrate powder, are fast-absorbing and ideal for daily use—especially in the evening. Simply mix into warm water before bed to help you relax and unwind. Natural Calm Magnesium Gummies and capsules are another convenient, portable option, though you may need to take more than one to reach your ideal dose. For localized relief, topicals like Bolton's Naturals magnesium sprays and gels are perfect for easing sore muscles or post-workout tension. They're also a great choice for anyone who prefers not to ingest supplements.

Pro tip: Experts from Natural Calm recommend sticking to organic magnesium compounds such as citrate, glycinate, chloride, taurate and malate, for optimal absorption and functional benefits.

Tips for Better Absorption

To get the most out of your magnesium, timing and consistency are key. According to experts from Natural Calm, one of the best times to take magnesium is before bed, when its natural relaxing properties can help support a restful night's sleep. For a steady, calming effect throughout the day, try adding magnesium to your water bottle and sipping it slowly—this method offers gentle, sustained absorption. If you're new to magnesium, start with a low dose and gradually increase it over three to five days. This slow approach helps your body adjust and can minimize any potential digestive discomfort. Topical magnesium is also a popular option since it's great for post-workout recovery or after a soothing bath to help alleviate sore muscles.

What to Look for in a Supplement

Not all magnesium products are created equal. Look for brands that are well-established, use non-GMO ingredients, and are backed by Health Canada approval (check for an NPN, or natural product number, on the label). Natural Calm Canada and Bolton's Naturals, both Canadian companies, are great examples of trusted options.

Make It a Daily Ritual

Incorporating magnesium into your routine is a small habit that can lead to big results—whether it's winding down with a calming drink, easing tension with a topical spray, or supporting your skin from the inside out. With high-quality, versatile options from Natural Calm and Bolton's Naturals, meeting your daily magnesium needs has never been easier—or more beneficial.

Ready to start your magnesium journey? Scan the QR code to explore the Natural Calm Canada collection.

✻ All the Trends to Have on Your Radar This Summer

PRODUCED AND WRITTEN BY
Andréanne Dion

KIIMA
KIIMA
KIIMA
KIIMA
KIIMA
KIIMA

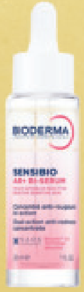
Fresh Start

Considering how quickly we go through deodorant—especially in the summer—a lower-waste solution is a small swap that makes a big difference. Enter Kiima, the Quebec-based startup that makes the most covetable refillable (and recyclable!) deo applicators on the market. The brand produces its own scented and unscented formulas packaged in cardboard, and has teamed up with other eco-conscious Canadian brands (including Green Beaver, Groom and Les Mauvaises Herbes) to create antiperspirant and deodorant refills with luxurious scents like Vanilla Bliss or Sage and Cedar. If you're up for a DIY project, you can even purchase a mould to make your own. *Applicator, $17, refill, $11, kiima.co.*

NEW BEAUTY BUYS

three ships
Eye Hero

A lightweight eye cream with firming benefits that comes with a built-in cooling ceramic applicator to massage it in. THREE SHIPS EYE HERO BIO-RETINOL SMOOTHING EYE CREAM, $54, THREESHIPSBEAUTY.CA.



A dual-action serum that targets both rosacea and signs of aging, and is formulated to soothe prickling sensations and build sensitive skin's tolerance over time. BIODERMA SENSIBIO AR+ BI-SERUM, $47, SHOPPERSDRUGMART.CA

CLEMENTINE DREAM
THE 7 VIRTUES

A fragrance that bottles up summer with creamsicle-inspired notes of sweet citrus, magnolia and vanilla. THE 7 VIRTUES CLEMENTINE DREAM EAU DE PARFUM, $127 FOR 50 ML, THE7VIRTUES.COM.

PRODUCED BY AIMEE NISHITOBA. PHOTO, KENDRA HOWARD. STYLIST, JEANIE LEE.

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Super
POWER
FOR YOUR SHOWER!
5+ INGREDIENTS for LUMINOUS SKIN
OLAY
Super
SERUM
BODY WASH
for Normal Skin
Serum Complex with:
Niacinamide
BHA
Collagen Peptide
Vitamin C
Vitamin E
OLAY
BODY
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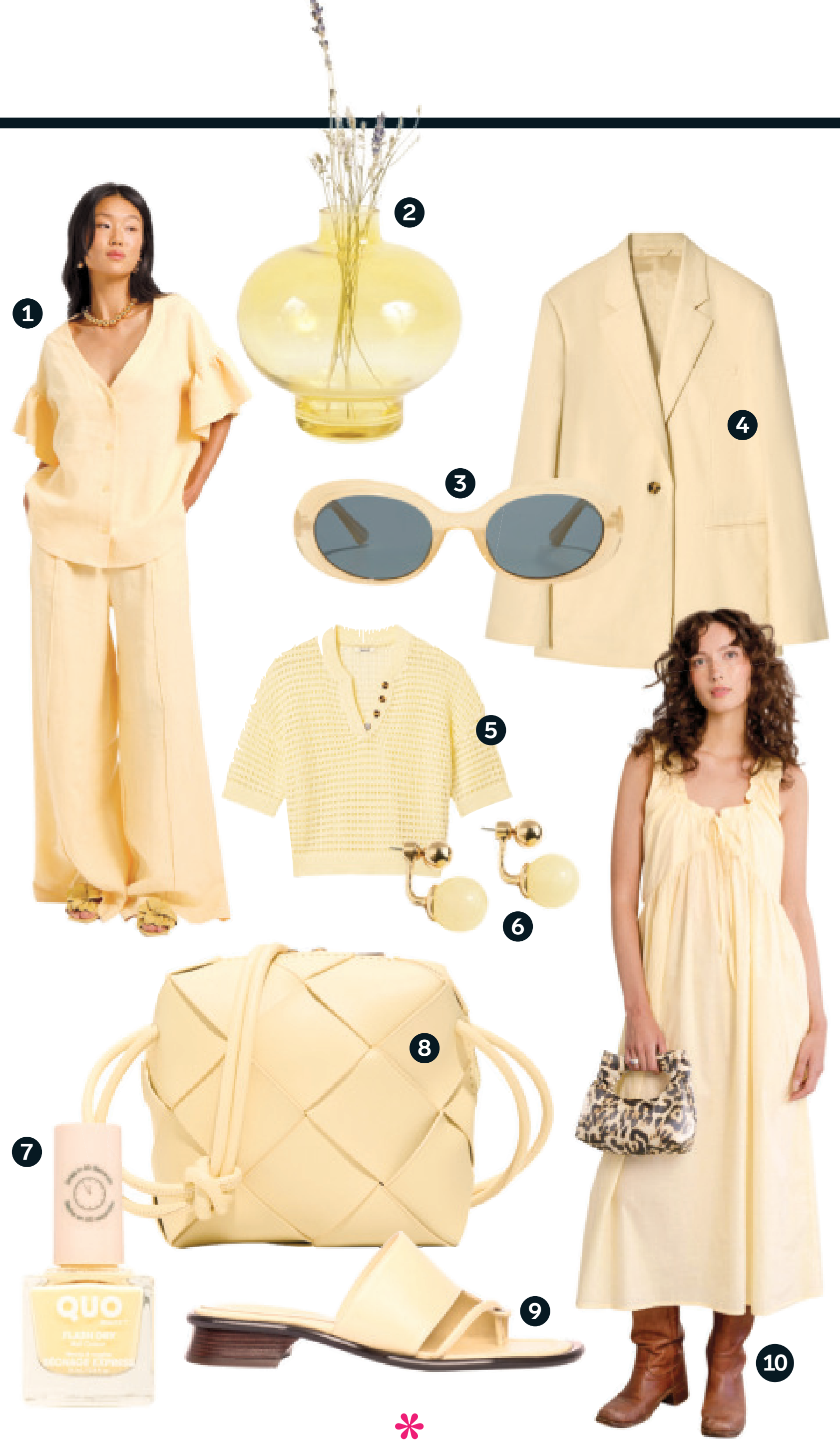
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Butter Up

For a hit of dopamine, indulge in the season's hottest hue: butter yellow. Soft and comforting, it shines in both monochrome moments and small pops of colour. Pair with neutrals to energize your basics or with a rainbow of pastels for a joyful approach to summer dressing.

1. ***Dottie blouse,*** *$265, and* ***Romy pants,*** *$350, elizafaulkner.com.* 2. ***Glass Fiori vase,*** *$48, buknola.com.* 3. ***Zaire oval sunglasses,*** *$19, simons.ca.* 4. ***Longline linen blazer,*** *$290, cos.com.* 5. ***Crochet Henley sweater,*** *$80, rw-co.com.* 6. ***Sphere-detail earrings,*** *$15, hm.com.* 7. ***Quo Beauty Flash Dry Nail Colour in Mellow,*** *$12, shoppersdrugmart.ca.* 8. ***Micahh woven bag,*** *$50, callitspring.com.* 9. ***Mallorca heeled sandals,*** *$220, maguireshoes.com.* 10. ***Valley dress,*** *$360, abronzeage.com.*

Off the Hook

Breton stripes with a twist, breezy crochet standing in for cable-knit sweaters, preppy boat shoes (bonus points if they're customized with colourful laces and charms) and sardine motifs on absolutely everything—the reimagined fisherman aesthetic is a playful take on prim-and-proper nautical staples. To complete the look, go ahead and order the oyster platter.

MELISSA MARY JENKINS SARDINE PRINT, FROM $30 (FRAME NOT INCLUDED), ETSY.CA.

SHRIMP CHARM HOOPS, $45, DCONSTRUCT.CA.

CROCHET DRESS, $275, POPPYBARLEY.COM.

MOSCHINO SPRING/ SUMMER 2025

T-SHIRT, $25, HM.COM.

MACRAME TOTE, $34, JOEFRESH.COM.

OYSTER NECKLACE, $160, KARAYOO.COM.

CROCHET POLO, $108, KOTN.COM.

BOAT SHOES, $110, ALDOSHOES.COM.

TINTED LOVE

Skin tints are the secret to a fresh-faced summer. Think of the featherlight base as the middle ground between a tinted moisturizer and a foundation—it offers sheer, dewy coverage, with built-in skincare benefits and zero cakiness.

L'ORÉAL PARIS LUMI LE GLOW TINT, $24, SHOPPERS DRUG MART.CA.

MILK MAKEUP HYDRO GRIP 12-HOUR HYDRATING GEL SKIN TINT, $49, SEPHORA.COM.

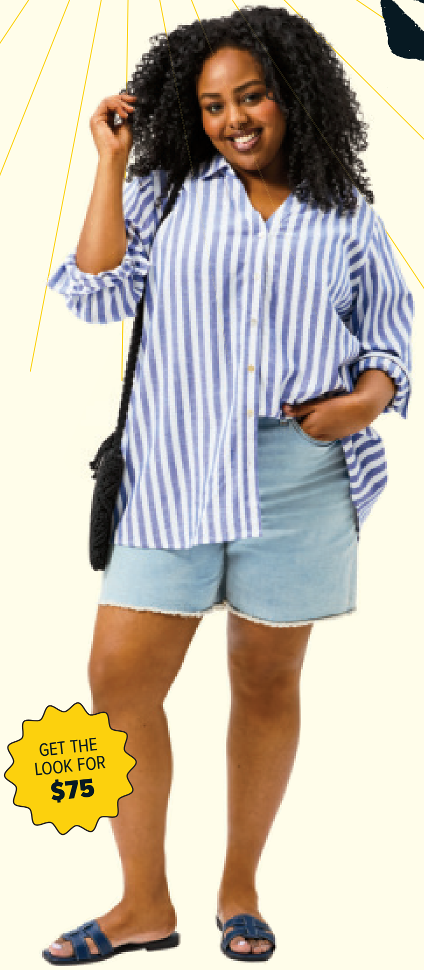
WATIER PERFECTION GLOW-BOOSTING TINTED SERUM, $62, WATIER.COM.

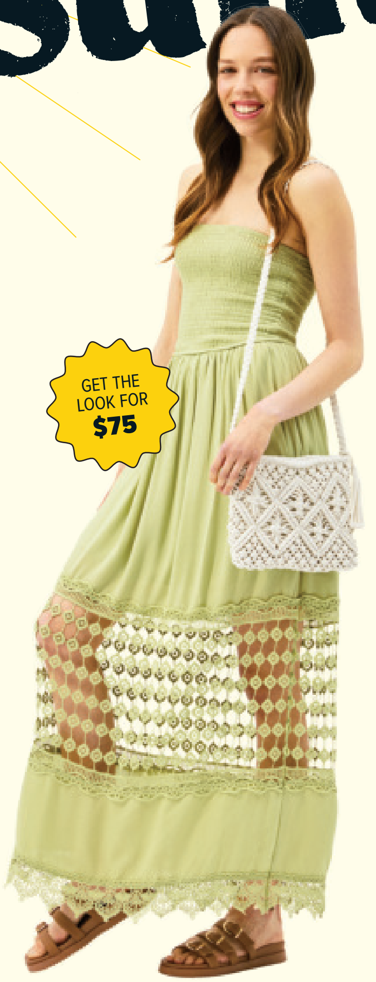
ANNABELLE PERFECT FIT ULTRA-HYDRATING TINT, $17, SHOPPERS DRUGMART.CA.

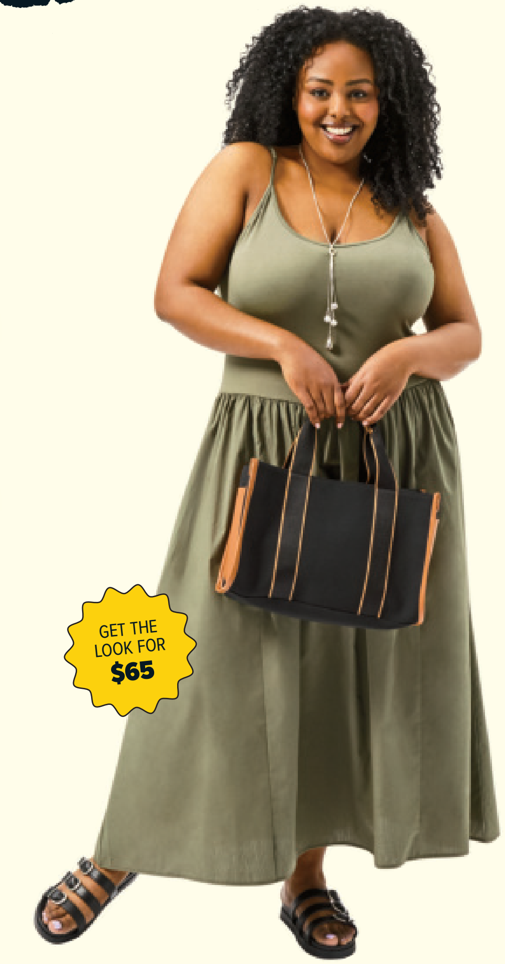
M.A.C COSMETICS STROBE DEWY SKIN TINT, $49, MACCOSMETICS.CA.

RUNWAY PHOTO, COURTESY OF MOSCHINO.

It's Giving Haute Girl Summer







LOOK 1 Comfort meets style in this backyard BBQ–ready look: Classic Bermuda shorts, a linen-blend shirt, a crochet cross-body bag and trendy H-strap sandals keep things cool and effortless.

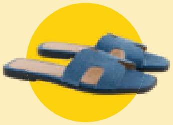
LOOK 2 Meet your new favourite summer maxi—the Lily Morgan Maxi Bandeau Dress. Airy and versatile, it can be worn on its own or styled up with accessories for a festival aesthetic.

LOOK 3 This Poplin Midi Dress brings breezy, beach-to-patio vibes. Pair it with a long necklace, 3-buckle footbeds and a double-handle tote for an effortlessly head-turning look.

TRENDING
Must-Have Summer Finds

Get them before they're gone!

mySTYLE
Cloud Slides



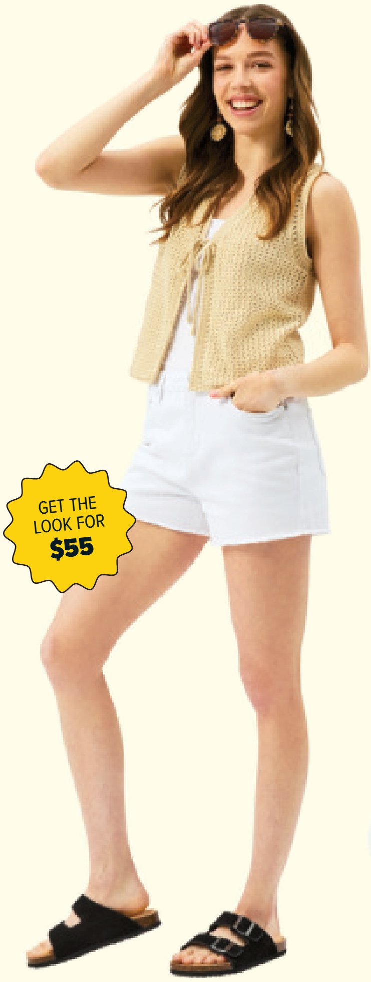
Lily Morgan
H-strap Sandals

Viral Beach
Tote

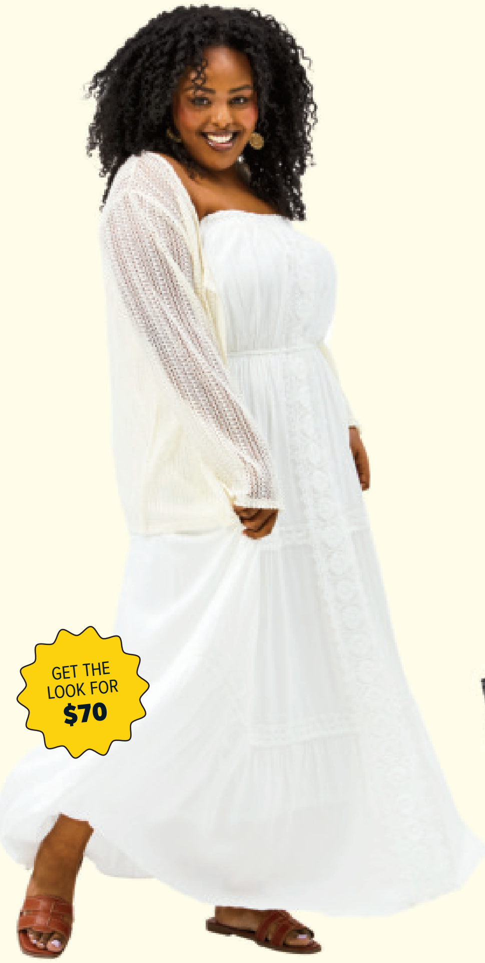
Dani Beauty
Sunkissed Bronzer
Drops

CREATED FOR **GIANT TIGER**

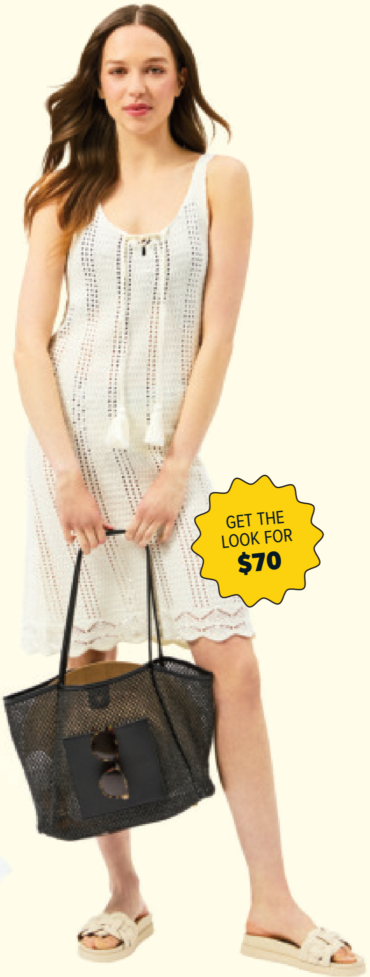
Who says great style needs to be expensive? Giant Tiger's bougie-on-a-budget summer fashion looks are perfect for the beach, backyard BBQs or dancing the night away—without breaking the bank.



LOOK 4 Summer BBQs call for chic and simple style: Frayed denim shorts, a crochet vest, suede sandals and tortoiseshell sunnies add texture and style to this chic backyard look.

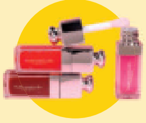


LOOK 5 This festival look blends two summer staples—the maxi dress and crochet—for a fun, relaxed vibe. Style the Lily Morgan Bandeau Tiered Maxi Dress with a crochet cardigan, stitched sandals and wooden flower earrings.



LOOK 6 This Crochet Sweater Dress doubles as a swimsuit cover-up or a sexy summer look over a bodysuit. Add a beach tote, braided footbed sandals and a matching fedora for casual, beach-ready style.

Ruby & Millie
Jelly Blush Tints



Ruby & Millie
Lip Oil

Ruby & Millie
Lip Butter Balm

Ruby & Millie
Lip Sleeping Mask

Solo En Ibiza
Valencia Vibes
Cream

Solo En Ibiza
Valencia Vibes
Body Mist

✳ WE WENT THERE ✳

Lima

Searching for your next girlfriends' getaway? The Peruvian capital awaits.

WRITTEN BY **Maureen Halushak**

WHY LIMA IS A GREAT GIRLS' TRIP DESTINATION

- The food scene is phenomenal and there's a restaurant for every taste and budget.
- Group accommodations via Airbnb are incredibly affordable.
- You can book a variety of experiences depending on your gang's interests, from chocolate tastings to cooking classes to surf lessons.

¡VIVAS, LIBRES, ÚNICAS!
amarás

I loved strolling through bohemian Barranco—often called Lima's SoHo—and taking in all the colourful graffiti.

IN CASE YOU missed it, Lima is having a moment. The South America megacity—a melting pot of cultures and cuisines from West African to Italian to Japanese—is home to three of the restaurants on last year's World's 50 Best list, as well as countless less pricey but no less spectacular spots that serve up everything from classic Peruvian fare to chifa (a Chinese-Peruvian mash-up).

In between meals, visit the stunning Huaca Pucllana, a circa 500 AD adobe and clay multi-level pyramid smack in the middle of the city. Then, hit the waves—Peru is one of the world's top surfing destinations—and shop for chocolate, coffee and knitwear. And you absolutely cannot leave without enjoying a pisco sour, a puckery Peruvian cocktail of lime juice, egg white, bitters and pisco, a clear spirit made from distilled grape juice. Just don't plan on getting lots of sun—the city is known as Lima la Gris (the grey city) for its often-overcast weather.

STAY

I stayed at the stately **Country Club Lima Hotel** in residential San Isidro. (Its divine breakfast buffet and strong pisco sours were highlights.) For a return trip, I'd book an Airbnb in Barranco—you can find a two-bedroom apartment for less than C$100 a night.

THIS TRIP WAS PROVIDED BY PROMPERU.
ALL RECOMMENDATIONS ARE THE WRITER'S OWN.

HOW TO GET THERE

✈️ I flew Air Transat, which has direct flights to Lima from Toronto and Montreal. Consider splurging on Club Class for a luxury experience that rivals that of other major airlines.

WHEN TO GO

☀️ Summer runs from December to April, with temps hitting 30C; winter lows are a relatively balmy 10C—and you're also more likely to snag reservations and hotel deals at this time.

HOW TO GET AROUND

🚗 Lima is a sprawling city of 11 million residents. I used Uber to get around; it was affordable and easy to find a driver. If you're walking, be careful—the traffic is intense.

WHAT TO PACK

💳 Don't leave home without a credit card and some Peruvian soles. (One sol equals about C$0.37.) I brought USD on the advice of some travel sites, but it was rarely accepted.

EAT & DRINK

Lima has a restaurant for every taste and budget, from the spectacle dining at **Central** (where a 13-course tasting menu features foods from 13 altitudes and costs around C$620) to cheap and cheerful Barranco cevicheria **El Muelle,** where I devoured a combo plate of ceviche and causa (a cold layered dish of mashed potatoes, avocado and seafood) for C$17.

Astrid y Gaston, owned by a pastry chef wife and chef husband of the same names, is the prettiest restaurant I've ever dined in. Located in a 17th century hacienda, it's worth a visit for the massive breadbasket alone. The desserts (including the La Lucúma, named for the South American fruit with sweet potato vibes that's often used in Peruvian sweets) are delicious and highly Instagrammable.

But my favourite meal of the trip was one I helped make. The **Urban Kitchen** offers group cooking lessons featuring Peruvian classics. My group made ceviche and lomo saltado—a beef stir-fry—and both were superb.

EXPLORE

Make sure to wear sneakers as you tour **Huaca Pucllana,** where the Lima people once held ceremonies and made human sacrifices—the loose gravel trails are easy to navigate but dusty. Afterward, stop for a cocktail on the terrace at the swish Huaca Pucllana Restaurante.

El Cacaotal in Barranco offers chocolate, coffee and wine-tasting classes for groups of four or more. Co-owner Amanda Jo Wildey's passion for farm-to-bar chocolate is contagious, while her fiancé Felipe Aliaga runs the coffee education program. This is also a great place to stock up on natural wine, artisanal pisco and house-made coffee liqueur.

Feeling adventurous? I signed up for a 1.5-hour beginner's surfing lesson from **Tubos** and I had an absolute blast in the big waves. (Note: Wear your bathing suit to the beach, as there are no change rooms—which I learned the hard way.)

SOUVENIR SHOP

LLAMA LOVE

One cannot leave Peru without llama merch. I bought this mini oil painting at a stall outside the Inka Market. (IMO, the actual market is overrated.)

BAR NONE

The couple behind Miroshnik make delicious farm-to-bar chocolate—meaning the bars were made at the same farm that grew the cacao.

SWEET SLICE

Alanya Repostería is a chic cafe with a deep pastry case. I took home a slice of Turrón de Doña Pepa, a layer cake made from syrup and shortbread-like cookies.

TREASURE TROVE

Take your time digging through the myriad knits at Kop Concept Store—I left with an elegant bell-sleeved sweater that was made by the shop's owner.

ASTRID Y GASTON PHOTO, SHEL ZOLKEWICH. HUACA PUCLLANA PHOTO, GETTY IMAGES. LLAMA LOVE AND BAR NONE PHOTOS, CHRISTIE VUONG. TREASURE TROVE PHOTO, KENDRA HOWARD.

Semi Detached

I lived with my ex-husband for nearly a year while we negotiated our divorce.
It saved us a lot of money—but it wasn't always easy.

AS TOLD TO **Alicia Cox Thomson**

AFTER 23 YEARS together, my marriage to Kevin* ended on a park bench on a cool spring day in 2024. I had been unhappy for years, and couples counselling was not helping. I knew I had to leave for my mental well-being. That bolstered my courage to tell my husband that our marriage wasn't working.

Even though Kevin disagreed, I knew it was time to separate.

After our talk, I felt sick but mostly relieved. I was free—sort of. We agreed not to tell our child, who was 13 and about to graduate eighth grade, just yet. We finished running our errands and picked them up from school. That night, we went to sleep in the same bed. Nothing—and everything—had changed.

Kevin and I met in university. In 2006, when he was 23 and I was 26, we married; we were the first in our friend group to do so. We spent half of our lives together. We love our child. Still, there were aspects of Kevin that I never really understood. It became clear to me that we had never had deep conversations about anything: our insecurities, how we felt about having a kid, parenting, getting married, being married, living in suburbia. I realized I didn't know him very well at all—what I did know was a carefully crafted persona. And he had never really tried to get to know me, either.

In 2018, Kevin made significant changes to his lifestyle to focus on weight loss and fitness. While I'd never call us couch potatoes, my child and I weren't particularly outdoorsy. Yet Kevin would always be disappointed, even upset, if we didn't want to go on 50-km bike rides with him. He didn't seem motivated to learn what our child's interests actually were.

It was clear to me that he was more concerned with appearances—his physical appearance, but also the

ILLUSTRATION, GETTY IMAGES.

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*name has been changed to protect privacy appearance of being a family—than being happy. He was unhappy with how he looked and would make comments that made me question whether he was also unhappy with how *I* looked. A husband's love should be unconditional, but Kevin was no longer my safe person.

We had gone to couples therapy prior to our separation, but the therapist's idea to have us speak to each other without distraction for five minutes a day wasn't working. When she asked if we were doing it, Kevin said, "Well, I'm doing it." How could he be doing something on his own that was assigned to us together? I didn't find her approach helpful.

By the time we wound up on that park bench, I realized that ending our marriage was all I thought of from the moment I woke up until I went to bed. I was miserable.

There were still a couple months of the school year left when we decided to split, and we didn't want to upset our child, so Kevin and I went about life as if nothing had changed. We ate meals together, hung out as a family and continued to share a bed.

About a month into this arrangement, however, sleeping in the same bed felt too awkward. I knew it was time to tell our child and move on to true separation, whatever that looked like. Because I had initiated the divorce, Kevin felt it was on me to find a lawyer and investigate what steps we had to take to start the process. I needed him to at least move out of our bedroom.

We told our child together, and Kevin set up a bed in our basement rec room—a decision he made and with which I didn't argue. Housing has become increasingly expensive in our city over the past decade, just as it has across Canada. How anyone can afford to move out on short notice is beyond me. Still, at first I had hoped that I could buy Kevin out of our house. However, when we got our own lawyers, his counsel advised him not to move out. But really, neither of us had the money to pay rent in addition to our mortgage.

We figured out that he could cover the mortgage and I could handle the bills, so it was a roughly equal financial split. I went out and bought my own car because our car was in Kevin's name, but also because I needed something that was only mine. It felt like an act of rebellion.

Since the pandemic, Kevin had been doing most of the grocery shopping and cooking, and he continued to do that after we separated. There was no kitchen downstairs, so we shared and separately bought groceries for ourselves. If one of us was making dinner, we still made enough for all three of us, and we generally ate together.

We'd always divided the other chores, but once Kevin moved downstairs, he basically disappeared after dinner and left me to make sure our child did their homework, wasn't on screens all night and went to bed at a decent time. And I was still doing all the general administration—figuring out PA days, scheduling appointments—around parenting. So, when our lawyers worked out a parenting agreement, I insisted that we start the official schedule immediately: full duties for seven days while the other parent is hands-off, and then we would switch.

During his weeks, Kevin was responsible for feeding our child and getting them to school, bed and activities on time, and feeding and walking our two dogs. I still slept in my room and he slept downstairs; our child stayed in their room upstairs, and Kevin and I kept our distance from one another when it was his week with our kid. Any holidays were spent separately. It worked for all of us—even the dogs. But Kevin was embarrassed to tell his family; I think he felt ashamed about getting divorced.

Scheduling aside, our arrangement wasn't always smooth, especially around parenting. Kevin and I parent differently, and it was hard for me not to intervene when he and our child encountered challenges. Otherwise, we talked very little. It wasn't that different from the way things had been since our child was a baby; we were pros at avoiding conflict. Because I was happier than I had been in years, it was tolerable.

It helped having the free time to think about what I wanted the next stage of my life to look like. I knew we couldn't live this way forever and I accepted the fact that in order to afford two separate homes we had to sell our house. It was both scary and exhilarating. I was going to live on my own for the first time since 1996, when I was 21.

Our house sold quickly, and Kevin and I made plans to move out to our own places. He remained resistant to divorce and even weeks before moving out, he said he didn't want one. I was ready to start the next chapter of my life, though, and nothing he said would change my mind.

With my share of the sale proceeds and some money from my mom, I was able to buy a home close to my child's school. If it wasn't for her generosity, I'm not sure what I would have done. I do know that I would still have found a way to leave. Kevin rented an apartment not too far away.

Living with my ex-husband for almost a year while we negotiated our separation and divorce saved us some financial hardship, but more importantly, it was best for our child—even though the truth of our family changing was difficult for them to accept at first.

My new home will be all mine. I'm looking forward to making my own decisions about what to eat, what to do, where to go. I'll pay more attention to my budget and be more selective about how I spend my money. I want to reconnect with my friends and get back to some old hobbies. I'm optimistic about the next phase of my life.

Here Comes The Sun

The temperature is rising and that means it's time to brush up on the basics of sun protection. From application tips to cool new SPF innovations to the basics of sunburn care, here's a dermatologist-approved guide to a safe—but still sun-soaked!—summer.

PRODUCED AND WRITTEN BY **Andréanne Dion**

Meet 8 Sunscreens You'll Actually Want To Wear

THE SUN EMITS two types of potentially harmful UV rays, both of which can cause skin cancer: UVBs, which are responsible for sunburns, and UVAs, which penetrate deeper and cause visible signs of aging and hyperpigmentation. The best way to protect yourself? A broad-spectrum SPF that shields against both—and the right application method.

"Sunscreen has come a long way in the past 20 years," says Dr. Geeta Yadav, a dermatologist and the founder of Facet Dermatology in Toronto. A slate of new textures and formulas—including gels, powders and even face mists—ensures you'll find an option that feels great on your skin.

What To Look For

Yadav recommends looking for a broad-spectrum formula of at least SPF 30, which blocks about 97 percent of the sun's rays. (SPF 50 blocks around 98 percent—not a huge difference.) "There is no formula that will block 100 percent

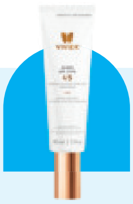
Our Faves For Face

SKINCEUTICALS CLEAR DAILY SOOTHING UV DEFENSE SPF 50, $62, SKINCEUTICALS.CA.

Our new go-to drugstore pick!

BIORÉ UV AQUA RICH GLOWY MOISTURIZER SPF 50, $19, SHOPPERS DRUGMART.CA.

BLUME SUNBURST MINERAL SPF 50 SUNSCREEN, $54, SEPHORA.COM.



VIVIER SHEER SPF 45, $86, VIVIERSKIN.CA.

ULTRA VIOLETTE QUEEN SCREEN SPF 50+ LUMINISING SERUM, $57, SEPHORA.COM.

MAIN IMAGE, ISTOCK PHOTO.

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LA ROCHE-POSAY ANTHELIOS ECO-LOTION SPF 50+ BODY SUNSCREEN, $37, SHOPPERS DRUGMART.CA.

AVÈNE FACE & BODY SPRAY SPF 50+, $40, SHOPPERS DRUGMART.CA.

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of UVA and UVB," she says. Other factors to consider include water resistance, texture, format and the type of filter you want to use: chemical or mineral.

Chemical filters work by absorbing UV radiation and converting it to heat, while mineral sunscreen acts as a shield and deflects UV rays off the skin. Both are safe and highly effective. "What's most important," says Yadav, "is selecting a formula that you enjoy using."

*As a rule, you need one teaspoon of sunscreen for the face and neck and about two tablespoons for the body.

KNOW THE SIGNS

Melanoma, the most aggressive type of skin cancer, often presents as a mole with asymmetrical or irregular borders, colour variations and a diameter greater than six millimeters (though not always). If you notice changes in the appearance of a mole, get it checked out. Basal cell carcinoma, the most common type of skin cancer, can look like a bump, pimple or scab that won't heal.

*5 Spots You're Probably Missing When Applying SPF

If you're planning to spend time in the sun, make sure you have all your bases covered. "People often forget these spots and they are some of the most common places we see skin cancers," says Toronto-based dermatologist Dr. Jennifer Tran.

Hands and feet

The tops of the hands and feet get a ton of sun exposure. Reapply after washing your hands.

Neck

Use your facial sunscreen to cover the front and back of your neck, where the skin is delicate and in need of gentle protection.

Ears

With all those nooks and crannies, the ears are not the easiest place to apply SPF. Focus on the backs, tops and lobes of the ears, and make sure to work sunscreen into the folds.

Lips

A slew of lip balms with built-in sun protection have hit the market recently, including tinted and ultra-glossy options that double as lip colour. Look for one with a minimum of SPF 30.

Backs of the legs

The back of the body is often overlooked, especially when it's time to reapply. Pay close attention to the crooks of the knees, where sweat can quickly wash away sunscreen.

FEELING THE BURN? 😩

Apply cool, damp compresses and cooling aloe vera to the affected area. Over-the-counter pain medication, like aspirin or ibuprofen, can help relieve discomfort and swelling. Fever, chills and nausea can be signs of a more severe burn that requires medical attention.

1
2
3
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5
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Scalp Mist

This hat provides a UPF of 50+ and features a handy hidden pocket to stash essentials.

✷Mane Focus

Sun exposure doesn't just wreak havoc on your skin—it can damage your hair and your scalp, too. "UV rays break down the keratin in the cuticle over time, which makes hair brittle and dry, and causes colour to fade," says Nicole Pidherny, the owner of Pomme, a hair salon with locations in Kelowna, B.C., and Toronto. And while the scalp is often neglected when it comes to sunscreen application, it's prone to sunburn. Its delicate microbiome is also easily disrupted by sun exposure, which can lead to irritation, dryness and even hair loss in extreme cases.

Protect

You can find hair products infused with UV filters, but in a pinch you can also apply sunscreen to your scalp. Opt for a spray and focus on your part, where the skin is exposed. Or, Pidherny suggests a lightweight SPF-infused face serum. "Drop it along your hairline and onto your scalp—it's moisturizing and not too greasy."

Hydrate

Moisture is key. "Keep a travel-sized leave-in conditioner in your bag and reapply throughout the day, especially if you're swimming in salt or chlorinated water," says Pidherny. It can be used on dry or wet hair to instantly breathe life back into dried out strands and mitigate further damage.

Cover Up

Wearing a wide-brimmed hat or scarf is a fun and stylish way to protect your hair and scalp from UV damage. Look for materials with UPF (ultraviolet protection factor).

Repair

If your hair is feeling brittle after sun exposure, avoid hot tools and focus on treatments. "Swap your conditioner for a hair mask—they're more concentrated so you can replenish the moisture faster."

1. DORA NOLA LARGE COLOURFUL PURE SILK SCARF, $225, SIMONS.CA. ♥

2. TILLEY RAFFIA SUN HAT WITH UPF 50+, $129, TILLEY.COM. ♥

3. DOVE INTENSIVE REPAIR 10-IN-1 SERUM MASK, $12, SHOPPERS DRUGMART.CA.

4. DESIGNME FAB.ME LEAVE-IN TREATMENT, $31, DESIGNMEHAIR.COM. ♥

5. SUN BUM SCALP MIST SPF 30, $23, SHOPPERS DRUGMART.CA.

SKIN SAVERS

When summer hits, skin needs major TLC. Sun exposure leads to a weakened barrier, which lets moisture escape and allows irritants to seep in, leaving skin parched and dry. To rehydrate after time outdoors, start with the basics: a hyaluronic acid serum, a gentle moisturizer with skin-soothing ingredients, like ceramides and peptides, and a thermal water spray packed with minerals. "I recommend using an antioxidant serum, like vitamin C, every day, but especially after sun exposure," says Yadav. "It can help combat free radical damage."

The Ordinary.

1. THE ORDINARY HYALURONIC ACID 2% + B5 SERUM, $12, THEORDINARY.COM. ♥

1. SKINFIX BARRIER+ BARRIER BALANCING WATER CREAM, $73, SKINFIX.COM. ♥

Radford
BOOST

1. RADFORD BOOST THE SERUM, $97, RADFORD BEAUTY.COM. ♥

VICHY MINERALIZING THERMAL WATER, $19, SHOPPERS DRUGMART.CA.

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*Beiersdorf Canada Inc. calculation based on Women's Face Care Database for the Women's anti-ageing mass moisturizer skin category for L52 Weeks March 22, 2025 time period. Copyright © 2025, Nielsen Consumer LLC.

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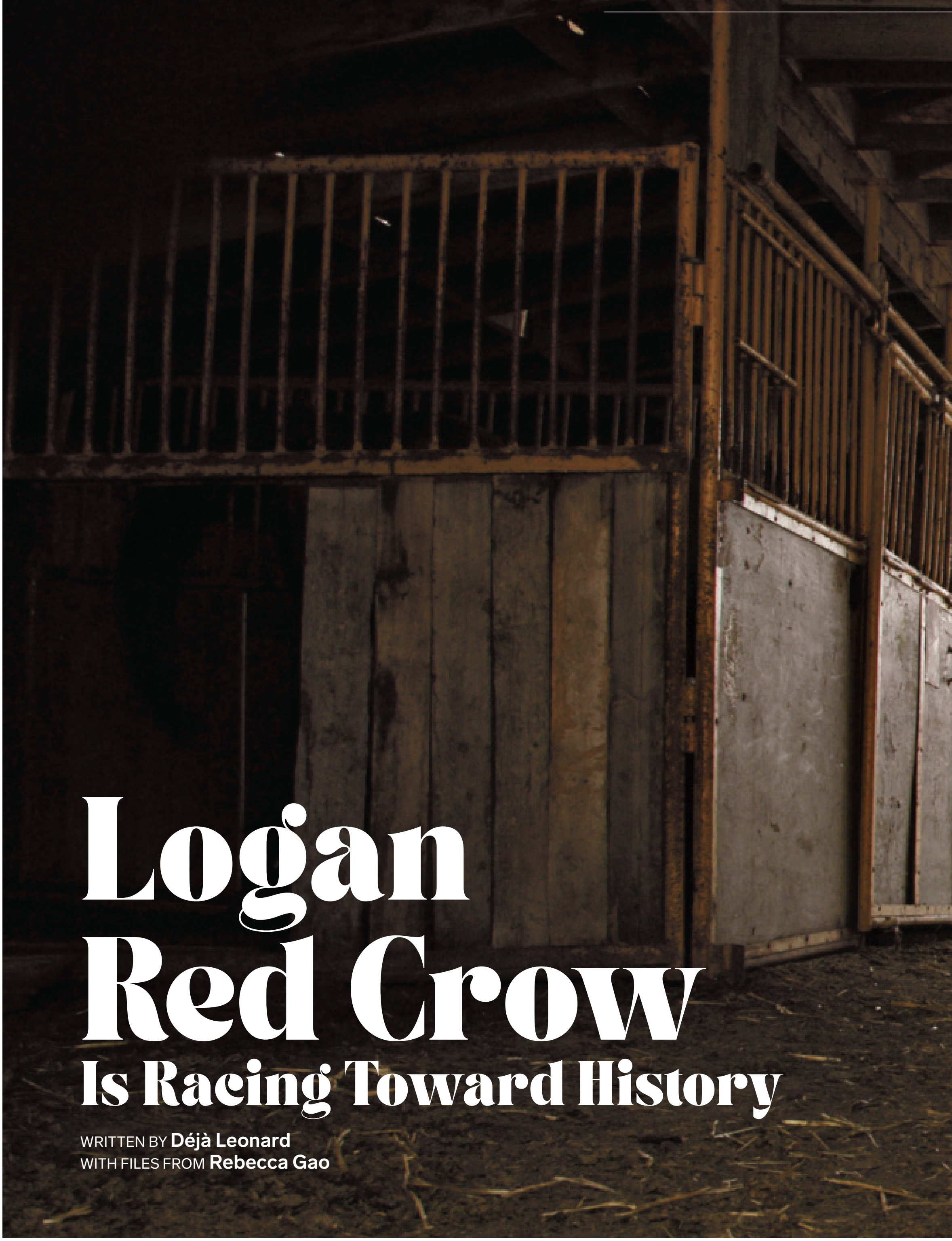


Logan Red Crow Is Racing Toward History

WRITTEN BY **Déjà Leonard**
WITH FILES FROM **Rebecca Gao**

PHOTO, BEN GIESBRECHT.

The 24-year-old jockey from Siksika Nation is blazing a trail for women in the extreme and perilous sport of equestrian relay racing.

SUMMER IS WINDING down and Logan Red Crow is mounting her horse in Enoch, Alta. for one of her final races of the 2024 season. The flag drops, and she launches like lightning—reaching 70 kilometres per hour in mere seconds. There's no saddle, no helmet, only reins, and the crowd is roaring in anticipation.

Suddenly, Red Crow leaps off her horse mid-gallop, landing on the soft red dirt track with practiced instinct, while an attendant (in racing terms, a mugger) catches the horse as it slows down. Within a fraction of a second, Red Crow has already jumped onto her second horse, who is being held by the team setter and is raring to go.

Red Crow on her family ranch in Siksika Nation, southern Alberta.

It's all a blur. "It happens so fast sometimes, I black out," Red Crow says with a laugh.

After one final, thunderous lap, she throws up her whipstick as she crosses the finish line at the River Cree Cup. Another first-place win is under her belt.

"There were girls from the States who came out, and I just wanted to win that one," she recalls. "I was excited."

For the 24-year-old Blackfoot relay racer from Siksika Nation in southern Alberta, this wasn't just another win; it's a testament to the path she is carving for women in a sport that, until recently, had little space for them in Canada.

Indian Relay, as it has long been called, is not your average horse race: it's raw, demanding and unforgiving. It's also a thrill to watch. The women's relay is a two-lap race on a soft dirt track, with the rider changing horses as quickly as possible halfway through. Watching, you can't help but admire the speed and strength of the horses as they kick up dust on the track. You might even find yourself holding

Red Crow based her team's jerseys on a beading design by her late grandmother, Christine.

your breath, and then letting out a sigh of relief, as the riders make a smooth transition from one horse to another.

RELAY RACING can be traced back 300 years, when it began as an all-out recreational sport—horses thundering across the plains, winner taking home the pot. It has since transformed into a sanctioned, organized, high-stakes event, first gaining mainstream popularity in the early 1900s, when it became a regular feature of tribal fairs. It has been a staple on the United States rodeo circuit for decades, but only recently gained recognition in Canada at events such as the Calgary Stampede. It's popular, and it's lucrative. These days, relay teams—consisting of a rider, a mugger, holders (people who set up horses for the next lap) and the horses themselves—compete for six-figure purses. But for Red Crow, it's never been about the money. "Since I was very, very young, when I first saw the relays, I just wanted to do it," she says.

Red Crow was raised on her grandparents' ranch. She had an especially close relationship with her late grandmother, Christine Big Snake, who was a renowned horsewoman and got the family their first herd of horses. Her father, Allison Red Crow, kept the racing tradition alive after her grandfather, a bareback rider in his own day, passed away.

While other kids were riding bikes around cul-de-sacs, Red Crow—who grew up with her brother, 32-year-old Racey Big Snake, and two cousins whom she calls brothers, Mark and Cody Big Tobacco—was brushing down horses, picking their hooves clean and learning how to read their moods. "They're kind of like us humans," Red Crow says. She was nicknamed "Mighty Mouse" by her father because even back then she could climb up a horse "faster than a mouse."

She had always wanted to race, but at first Allison forbade it; he thought it was too dangerous for her. Eventually, Red Crow's mother, Jayme Big Snake, set the gears in motion. Red Crow was 15 at the time, and helping her dad exercise the horses for his relay team, Old Sun, named after their ancestor, a former Siksika chief.

"My mom asked me if I wanted to race. And that's when the dynamic shifted," she recalls. She had to learn how to pick up speed while riding, to ride without a saddle—and, if she wanted to race relay one day, how to quickly and safely jump off and back on to the horses. While she had worked around horses most of her life, this aspect of training was new.

Because there were no women's relays at that time, she started in single-lap ladies' races. These races, where riders have the option to use a saddle or sidesaddle, couldn't be more different from the chaotic excitement of relay.

Red Crow's first race was in Brocket, Alta., in 2015, when she was 15. She opted to use a saddle, and that first race was fierce—the competition environment was unlike anything she'd experienced with her horses on the ranch. She quickly came to love the adrenaline rush, and her relationship with horses grew even closer over the next few years.

In 2019, womens's relay racing debuted south of the border. Red Crow competed in the first ladies' relay finals at the Championship of Champions in Walla Walla, Wash., where she

PHOTO, LUKE CONNOR.

placed seventh out of 10 riders. For Red Crow, it was a dream come true to finally compete in a relay.

She had been training with the Old Sun team, and shortly afterwards started her own ladies' team under the same name, even though there was no women's division in Canada—they'd cross into the U.S. to race.

But that wasn't enough. She wanted to see women's relay at home. So Red Crow started to connect with other women riders in Canada, reaching out via Facebook or approaching them in the barn before events to ask if they'd be interested in racing relay—and if they'd be interested in joining her team. She knocked on doors and asked to borrow extra horses to make it happen. She even made the jerseys for her team, basing the design off of her grandma's beading patterns. Two years after Red Crow's first relay race in the States, the first official women's relay in Canada ran on the Enoch Cree Nation Reserve in 2021—a milestone she helped create.

Others are helping the movement, too, like Kimberly Big Crow, a relay coordinator who lives in Lethbridge, Alta., and is organizing at least eight Indian Relay shows across Alberta and Saskatchewan in 2025. These events, once just sporting exhibitions, are being reshaped to honour Indigenous culture, creating safe spaces for community members and keeping the riders in the spotlight. For races that happen off of First Nations reserves, Big Crow asks the host venue to invite an elder from their local Indigenous community to bless the land to keep participants and the audience safe. She also encourages all participating athletes to live a healthy lifestyle, which includes going substance-free.

Big Crow says that Indian relay is growing in Canada. In 2019, there were about 20 teams in Alberta and Saskatchewan. Today, there are almost twice as many, with four to five new teams this year alone. Only three Canadian teams are women-only. "I'll keep building it, because this sport deserves a spotlight," says Red Crow, "and our people deserve to shine." The impact that she's having on relay racing is undeniable. "She's a role model within our Indigenous female community," says Big Crow. "I'll always admire her strength, and she's just so humble."

IN 2021, RED CROW became the first woman to race relay at the Calgary Stampede when she competed with her dad's team in the men's race. It was a testament to all her hard work: her father, once hesitant to have his daughter involved in the sport, acknowledged all the effort she'd put in. She wore her grandma's moccasins for the occasion. On race day, the commentators at the Stampede kept referring to Red Crow as "him," a reflection of how uncommon it was for a woman to be participating. But that didn't matter to Red Crow; she had arrived. One of the biggest rodeo stages in the world, and she was galloping across it like she belonged. Because she did.

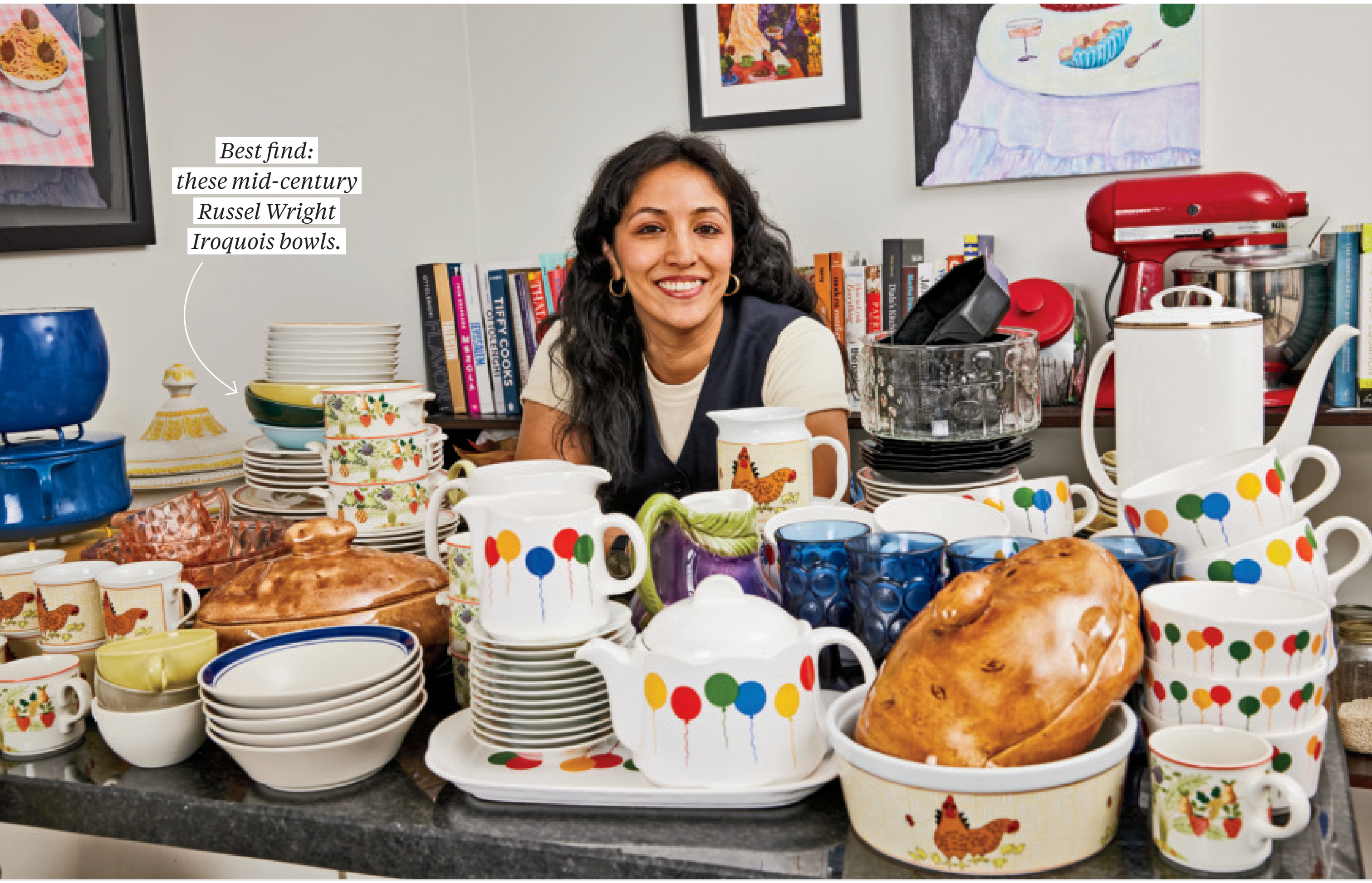
"When I look back at my whole racing career, I was just a little kid with a dream to do this. And it happened," Red Crow says.

These days, Red Crow trains like it's her job, in between full-time nursing studies at the University of Calgary. Her days often start at 5 or 6 a.m. and sometimes don't end until after the sun goes down. For training, Red Crow focuses on strength work, long-distance running for cardio endurance and endless hours on horseback. Her horses have a regimen, too: They do hill work (walking up big hills to improve strength and balance) in the valley near her home, conditioning runs on the track and constant, careful transition practice to make sure that pivotal moment in relays is safe.

Classes, clinicals and lectures are balanced with racing, training and travelling. She's aiming to graduate in 2027, though right now, with the sun warming the spring thaw and her horses restless in the paddock, school has a hard time competing. Red Crow is thinking about becoming an exercise rider, keeping racehorses fit and ready for races by riding them for workouts, or maybe even becoming a professional jockey someday. The horizon keeps stretching out, and she keeps leaning in.

"It's fun," she says. "I like going fast."

PHOTO, BEN GIESBRECHT.



Best find: these mid-century Russel Wright Iroquois bowls.

How My Dishware Obsession Got Out of Control

Resale sites are flush with vintage dinner sets right now—and I can't stop buying them.

WRITTEN BY **Chantal Braganza** PHOTOGRAPHY BY **Sandro Altamirano**

A **couple of years ago,** I stepped into a cute little vintage shop in Bromont, Que., run out of a historic cottage on the only main street in town. I was killing time before dinner and didn't plan on buying anything, but on my way out, something caught my eye among the dusky silk robes and novelty teaspoons: a small mountain of ceramic dishware covered in primary-coloured balloons. Pops of blue, red and yellow danced across a set of breakfast plates, coffee mugs and latte cups big enough to be used as soup bowls. There was a cookie tray and a popcorn bowl too, pieces so charming in their particular intended use that was only amplified by the cheerful pattern. I fell in love immediately.

There must have been upwards of 40 pieces in the whole set, and the shop owner was selling it for a steal. I was travelling with just a carry-on suitcase, but I bought the set anyway. Despite the great deal—the cost of shipping them home to Toronto amounted to almost their sale price—it felt like an extravagant impulse purchase, something I'd only ever do once.

On the way back home, I googled the pattern: Party Balloons by Waechtersbach, a discontinued style from

1980s West Germany and still available in single-piece listings on resale sites like eBay. Before the dishes even arrived at my door, I'd hunted down a matching teapot and juice jug to go with the set. Within a week, my party balloon dish collection was happily doing breakfast rotation in my kitchen. But something about that first chance encounter with the dishes had me hooked. I wanted to be delighted like that again.

Specialty dish resale can get quite pricey, so I started combing Facebook Marketplace and online estate sales instead. I thought it would be hard to recreate that spark of culinary kismet, but I was quickly proven wrong. Every search term, from *tea set* to *punch bowl* to (if I was feeling particularly frisky) *dinner service for six* turned up dozens of listings for secondhand tableware that, in some cases, sellers could barely pay people to take off their hands. In one online church auction alone, I took home five separate lots for just under $50: three midcentury tea sets and two sets of dinner plates, an insane amount of dishware my family of four did not need and did not have room for.

But for months, at least once a week, something called out to me. Perhaps an octagonal salad bowl in that black, opaque glass reminiscent of the decadent '80s; an eggplant-shaped water jug from the '70s; the same pattern of abstract-art dinnerware Monica used in her apartment in *Friends*. Their shape, colour and design looked nothing like the greige, sleek pieces that populate most Instagram-perfect tables these days.

The dishes had personality, and spoke to personal taste—the idea that these material objects that pass through your hands multiple times a day could still carry a sense of fun, however wacky. (One of my favourite finds: a set of Japanese breakfast plates covered in a bright yellow chickadee print. I picked them up from the seller's home, which was completely decked out in rooster decor, from the wallpaper to the flower vases to the bathroom soap dispensers.)

I have some ideas as to why resale sites are so flush with non-luxury dishware these days. The first is a little grim: since the early '70s and again in the '90s, when the U.S. Food and Drug Administration successively tightened its rules around lead use in dish glazing, we've known that some types of vintage dishware carry the risk of containing lead. We also know it's hard to trace: the NYC Health Department had to issue warnings about lead in what it called "traditional dishware" after investigating 15 lead poisonings in 2021.

The second is generational. The best deals I've noticed in my fledgling dish-hunting career, the ones that stay listed for longest or are auctioned off at ridiculous deals, are what are known as a full dinner service: sets of dishware meant to serve anywhere from eight to 12 people at a time, replete with soup tureens and coffee pots and a specific plate for every course. That's a *lot* of dishes to store when households look and are built differently than even a couple of decades ago.

Families are smaller; new-build houses and condos are less likely to have dedicated dining rooms; Canadians these days are far more likely to eat alone. When we do throw dinner parties, they're not the formal engagements they once were. Complete matching dinner sets speak to a time of silver-spoon service and stiff manners. For these reasons and more, passing sets of dishware down to your children and grandchildren is a diminishing prospect.

It's that inheritance aspect of collecting I've been thinking about more these days. While I use a lot of my finds—the ones I know to be food-safe, useful and most importantly, fun—the majority of it remains either piled up in a closet next to my furnace or tucked away in storage where I should probably be making space for things like our stroller and winter jackets and the Christmas tree. And yet, if I weren't writing this essay now, it's possible I'd be scrolling the Internet for my next find. Other than the thrill of discovery, why am I doing this?

Once, I picked up a tea set at an estate sale where the former owner's own children were shopping among strangers for their parents' belongings, a strange and slightly upsetting experience.

Another time, more recently, I scored a set of Russel Wright Iroquois dinnerware, the best find of my two-year dish-hunting obsession. These dishes were first produced in the 1940s and are instrumental in how contemporary tableware looks today (the Halston of everyday plates, if you will). Each pastel-hued cup and saucer had been collected lovingly and piecemeal by a woman who lives not too far from me, over the course of almost 30 years. She posted the entire collection—easily worth upwards of $1,000 to a serious collector—for $50. When I came upon the listing, I thought it was a joke. When I arrived at her house, it was clear she was serious.

She opened the door to her home, where the plates were sorted and stacked on her dinner table, ready to be packed and taken away. Her children, now grown, didn't want them, and she was starting the process of clearing out her house. All that effort and care in bringing those pieces together, building a collection that gave her pleasure, down to a Facebook Marketplace transaction with a complete (and admittedly deliriously happy) stranger.

I asked her if she was sure she wanted to sell them to me for so little. She insisted yes, so long as the plates would be loved. How can I not try to honour a request like that?

THE CONVERSATION

BIG ISSUES. INSPIRING STORIES. LET'S GET INTO IT

Let's talk about sex… after 40

Earlier this year, we polled our readers on the highs and lows of sex in midlife and beyond. Your responses ran the gamut from joyful ("I'm 75 and I'm having the best sex of my life!") to…less joyful ("Things are not working the same"). You had questions about whether it's possible to revive a flatlined sex drive, how to broach using toys in bed and whether toe-curling sex can still be had as we age. You asked, our experts answered! Read on for advice on your most pressing concerns, and hear from four women, aged 41 to 72, who are having their best sex yet—and how you can too.

PRODUCED BY **Maureen Halushak** AND **Erica Lenti** ILLUSTRATIONS BY **Raquel Romero** CREATED IN MIDJOURNEY

“

I’m Having The Best Sex Of My Life—In My 40s

IT ALL STARTED when I ended my 15-year marriage. When we initially decided to open the marriage eight years in, I convinced myself it was for both our benefit: It’d help curb his infidelity, and allow me to explore both romantic and physical relationships with women and non-binary folks. I began to realize that I wanted to be loved and desired for who I was, not who my husband—or anyone else—wanted me to be. The divorce allowed me to see my sex life not as something to keep someone else satiated, but as a way to explore guilt-free pleasure.

When I would lay in bed with Jake, my first real relationship after the divorce, he’d trail kisses up and down my naked body. But the first few times that he lingered near my belly, I would instinctively reach to cover it. Without hesitation he would continue his kisses. It was such a simple gesture, but it changed my perception of my body’s beauty. Spicy rendezvous with queer individuals also encouraged me to shed the hypersexualized femme uniform I was no longer comfortable in.

While it’s okay to find pleasure in pleasing others, I now realize it’s also okay to be selfish when it comes to my sex life. And that’s made my 40s my best sex era—so far. **—Eden Boudreau, 41**

Laggy Libido?

Three of Canada’s top sexual health experts answer your most burning questions about desire.

“Is it common to have zero sex drive in your 40s?” —Therese, 46

“One of the biggest surprises I’ve come across in my research is just how complex desire is,” says **Dr. Sophie Bergeron,** a psychologist and professor at the Université de Montréal. Relationship problems, poor body image and painful sex due to menopause (see page 38), among other factors, are all lust busters. She stresses that your sex life will evolve over time; ongoing communication about what you need is crucial.

“Is it okay to not want traditional sex at all anymore, just self-pleasuring?” —Tanya, 66

Yes! “There are no right or wrong ways for consenting adults to be sexual,” says **Bergeron.**

“I try, for my husband’s sake, to be intimate once a week. Will I ever desire sex again?” —Angie, 57

“The most common problem that sex therapists encounter is sexual desire discrepancy,” says **Dr. Peggy J. Kleinplatz,** a certified sex therapist and a professor in the Faculty of Medicine at the University of Ottawa. The first step to better sex? “Look at the quality of sex you’re having and how it compares to the sex of your dreams,” she says. From there, talk to your partner about what the two of you can do to have the type of sex you want. Having trouble talking about it? Read a sexy book together, out loud. Doing this, she says, will help you get used to the vocabulary of sex.

“Can you revive a dead sex drive at 65?” —Terri, 65

Absolutely, says **Dr. Lori Brotto,** a psychologist and director of University of British Columbia’s Sexual Health Research Laboratory. “It’s about being creative and trying to identify the factors that will elicit your desire.” Her team recently conducted a study involving women ages 21 to 74 who, after using an online therapy program called eSense—which Brotto eventually hopes to take public—experienced 87 percent higher arousal and desire. **—Maureen Halushak**

Solo Act

*Sex therapist **Sue McGarvie**'s top three tips for having your best orgasm—on your own.*

Get playful with toys

Take the time to find which sex toys get you going. Clitoral pumps, for instance, gently awaken dormant nerve endings by creating an air vacuum around the clitoris, while suction toys mimic oral pleasure with pulsing air—perfect for women who need stimulation without direct touch. "Orgasm cream"—a tingling ointment that you can purchase over-the-counter at most sex shops—increases blood flow where it matters most, which in turn triggers orgasm. And don't forget the lube (see page 38)!

Embrace your fantasies

Sexual fantasies aren't shameful—they're essential. Some women unlock pleasure using just their imagination, but plenty get a little help from porn. In fact, almost one-third of PornHub users in Canada are women. For those who prefer reading, erotic books offer a range of fantasy options.

Shed the stigma

Perhaps most importantly, grant yourself permission to explore. Some women need nipple stimulation or anal play to reach climax—common variations that are rarely discussed openly. Explore new options, and do what feels best.

Toy With Us

Want to level up your sex life? There's a vibe for that.

Sometimes it's nice to give your hands (and other body parts) a helping...hand. Toys can offer more intense sensations, switch things up a bit and just plain get 'er done—whether that's a quick O or a long, slow build.

We asked **Lilin Thibodeau**, who runs Toronto's trusted sex shop institution Come As You Are, to share some of the store's best-selling toys. **—Gillian Grace**

THE ENTRY-LEVEL VIBE

This is a good starting point for people new to toys. "It's less intimidating," Thibodeau says. You can use it internally or externally, and when you're ready to up your game, it works for G-spot stimulation too.
THE SPOT G-SPOT VIBE, $35

I'm Having The Best Sex Of My Life—In My 50s

MY SEX LIFE with my husband changed drastically more than a decade ago when we booked tickets for what we thought was a clothing-optional cruise. It turned out to be a swingers cruise. We'd been monogamous together for three years, but we decided we were both game for a new experience. Everyone on the cruise was friendly, and we met an experienced couple who showed us the ropes. We decided we didn't want to be monogamous, and as a

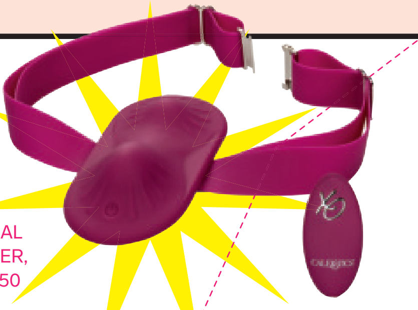
MAKING THE INTRODUCTION

It's normal to be nervous about broaching using toys in bed, says Thibodeau. Assure your partner that it "comes from a desire to explore your pleasure together."

WE-VIBE WAND 2, $190

THE ONE FOR COUPLES

People in long-term relationships looking to try something new might enjoy a couples' vibe. This We-Vibe wand is specifically designed for two. "Because it's such a low profile, it accommodates a penis [or other toys] being inserted at the same time," Thibodeau says. This is a basic starter model, but some upgraded We-Vibes also include Bluetooth "so you can play from different areas of the house."



DUAL RIDER, $150

THE RIDER

Rider- or grinder-style toys are newer to the party. They're designed to straddle—different areas of the rider have different sensations and motions, so "you can [adjust] the intensity," Thibodeau says. Put it on a chair or harder surface for more intensity, or on a softer surface like a pillow or bed for less.

THE POCKET ROCKET

This popular, fun-sized toy conceals big oomph in a small, egg-shaped package.

JE JOUE MIMI SOFT, $115

VIBRATEX MAGIC WAND, FROM $90

THE CLASSIC

This iconic sex toy was originally marketed as a personal massager, making it an ideal gateway toy for many. It also comes in micro, **mini,** medium and rechargeable versions.

LELO INA 2, $260

THE RABBIT

Lelo is a popular choice for women 40+, Thibodeau says. It's a rabbit-style vibrator, making it a great upgrade from your basic toy. (Rabbit vibes have two wands—like bunny ears! The longer one allows for internal or external stimulation, while the shorter is for external use only.) This style takes a bit more exploring to see whether it works for you, Thibodeau says, "but the people who love it really love it."

couple, we made the call to open our relationship.

Over the years we've attended swinger-friendly activities as a couple and have gotten to know other people individually. It hasn't always been smooth sailing. At one point I fell in love with another man, and our relationship became polyamorous. My husband and I had to learn how to navigate the boundaries of that arrangement. At one point I was afraid that the tension might end our relationship. But our marriage is strong, and we came out of that period more connected than ever. Today, we each support the other pursuing connections with lovers—I currently have one other lover outside of my marriage.

My husband and I have always had great sex, but non-monogamy made our sex life even better. To this day, my husband knows my body better than anyone, but we've found that being open just creates even more sexual energy in our relationship. Good sex leads to more good sex. And to me, what constitutes "good sex" can be really basic. It doesn't have to be kinky or creative or unconventional. If sex feels pleasurable and emotionally fulfilling—if you can reflect on your sex life and feel satisfied—that's what matters.

In the future, my only hope is that we get to keep experiencing sex the way we do. I hope that it lasts a long time. **—Anonymous, 54**

Ending a Dry Spell

An MD's science-backed guide to treating vaginal dryness.

FOR MIDLIFE WOMEN, sex can sometimes be painful. The most common culprit: vaginal dryness. More than 50 percent of post-menopausal women will experience symptoms of genitourinary syndrome of menopause (GSM), characterized by a loss of vaginal elasticity and dryness. That's thanks to the multisystem shifts that take place during the transition: as estrogen decreases, the vagina becomes less elastic, the vaginal tissues become thinner and the cells inside the vagina turn less acidic and in turn, more dry.

But dryness is not just a side effect of menopause—some pre-menopausal women on birth control and postpartum women who are breastfeeding can experience it too.

The first step toward relief is recognizing and identifying your symptoms, says Dr. Shafeena Premji, a Calgary-based doctor who sits on the board of directors of the Canadian Menopause Society. If sex feels painful, it's crucial to talk to your doctor about treatment options.

Those options may include menopause hormone therapy (MHT), which is systemic, or vaginal hormone therapy, which is localized. For menopausal women who experience other symptoms, like hot flashes or night sweats, MHT may also help to improve GSM.

For those tackling vaginal dryness only, Premji says the most effective treatment is the use of vaginal estrogen therapy products. These products come in the form of tablets, creams and inserts. They are prescribed by your doctor to be used locally (in the vagina), so they don't enter the bloodstream like MHT, and usually have fewer side effects.

A vaginal moisturizer can also be prescribed or picked up at your local pharmacy. Just like a facial moisturizer, it's applied to the vulva and inside the vagina to keep tissues hydrated—and must be used consistently in order to see results.

And for women looking to improve dryness during intercourse, Premji says a lubricant can be used in combination with other products. Look for water- or silicone-based lubes, and apply inside the vagina, on the vulva, on the penis or on any toys you'll be using. (You can warm it up with your hands before application.) **—Erica Lenti**

OH, CANADA!

Four great homegrown lubricants for patriotic play.

“I’m Having The Best Sex Of My Life—In My 60s

WHEN I WAS in my mid-50s, I went through a bad breakup. Once the dust settled, I realized I needed to take a break from dating to work on myself. I also had a busy job and kids to care for at home. I decided to stay single until the prospect of dating felt right again.

By the time I retired last year—a decade after that breakup—my kids had moved out, and I suddenly had a lot of “me” time. When summer rolled around, I started to think about dating again. Two of my besties had begun to casually date, and I noticed how much brighter and lighter they were. I had no interest in a serious relationship, but I’m adventurous and I like to have fun, and sex is a part of that.

So, at 64, I made a Facebook Dating account. Six months later, I came across the profile of a man who lived about an hour away. We messaged online, then talked on the phone. Things between us felt comfortable and easy. About a month into chatting, we decided to meet in person. I wasn’t anxious, but I did wonder if my body would react to sex the same way it had in the past, or if the process would be more difficult.

We decided to meet at my date’s house. I’m no Barbie and my date is no Ken, but when we met up, the chemistry was instantly magnetic. We slept together that first day, which is unusual for me. There was a bit of physical discomfort at first, but once we got going it was total bliss. Sex in your 60s may not be physically the exact same as in earlier decades—lube and vaginal moisturizer help—but in my experience it’s definitely just as comfortable and just as fun.

These days, I’m still spending time with the same man. We’re having a blast seeing each other once every week or two, and, of course, having great sex. **—Anonymous, 64**

DIVA LUBRICATOR, $17
From the makers of the OG Canadian menstrual cup, this lube—made from aloe vera gel—works with toys and latex condoms. *shopdiva.com*

HATHOR ORIGINAL LUBRICANT, $20
Made in B.C. by a mother-daughter–run business, this water-based lube is very slippery, though you may need to reapply more often than silicone options. *comeasyouare.com*

JEMS, $20
This woman-run brand makes a thick silicone lube. “Silicone stays put—it doesn’t dissolve, and it lasts longer,” says LilinThibodeau of Come As You Are. But it can’t be used with silicone-based toys (like those recommended on page 36). *comeasyouare.com*

HATHOR SUTIL LUXE, $25
A slightly thicker water-based lube from the same mother-daughter team. *comeasyouare.com* **—G.G.**

How To Feel Sexy in a Perimenopausal Body

ANOTHER HOT TOPIC, based on responses to our sex survey? Body confidence. More specifically, readers were worried that the effects of aging meant they no longer fit the far-too-narrow definition of what society deems "sexy."

But when it comes to sensuality and pleasure at any age, Toronto-based sex and relationships educator Luna Matatas says it's all about *feeling* sexy, not looking sexy. Here, her seven best tips for bringing sexy back.

Repeat after me: What you look like doesn't define how much pleasure you're capable of having. "People with six-packs, people with the bodies you *think* that you should have to be sexy, they are not having more orgasms than you," Matatas says. So first: get comfortable with your body and have fun in it! That extends beyond the bedroom—it could mean dancing or yoga.

Figure out what pleasure means to you... Ask yourself: "What can this body do right now that feels really good?" That might mean sex, but it might not. "When I went through this journey of perimenopause, I really had to tap into myself," says Matatas. "Do I actually like what I'm doing with this body—or am I doing it because I think other people will like it, or they'll think I'm sexy?"

"I'm Having The Best Sex Of My Life—In My 70s

WHEN I TURNED 50, I lost interest in having sex. I had worked for 30 years as a nurse and as a social service worker, mostly with people who were abused or exploited in the sex work industry, and I was subjected to a lot of vicarious sexual trauma. I also went into instant menopause at 50, after a hysterectomy due to endometriosis. I didn't think I'd ever be interested in having sex again.

I thought about my lack of interest in sex from time to time, but it wasn't top of mind. It didn't affect my marriage too much, and my relationship to my husband was loving. Still, in my 60s, I wondered whether there might be a way to revive my interest in a healthy sexuality. I was curious about a somatic approach—body-centered therapies that explore how the mind-body connection might help us to heal trauma. I learned about a somatic sex educator in Vancouver who looked promising, and at age 66, I travelled from Manitoba for a session.

Somatic sex education is still taboo because it can involve touch. A core principle is something we call “choice and voice.” A lot of women are socialized to lay back and take what we’re offered sexually, but in somatic sex education, we learn to think about where exactly we would like to be touched for our pleasure. In order to receive that pleasure, you are required to actually ask for what you want. This helped me realize I was responsible for my own pleasure. By the time the first session was done, I felt as though my sexual pilot light had re-lit. With my husband’s support, I went back for several more sessions. I felt in charge of my sexuality, and I was able to take what I learned in those sessions about my own body, and apply that knowledge to my re-ignited sexual relationship with my husband, too.

My experience was so transformative that I decided to get certified as a somatic sex educator myself, and I began taking my own clients in 2021. At 72, I’m not only sexually liberated with a healthy interest in sex and a fulfilling sex life—I feel I’m in a position to help people as a practitioner as well. —**Wendy Scheirich, 72**

...then live sensually (not just sexually)

Think about opportunities during the day when you could be more sensual with yourself. For example: “Are you eating in front of Netflix every day? Or are you tuning into the sensual experience that’s possible with food?”

Try feeling sexy without a destination

It’s good to get back into your body, Matatas says, but “it can feel like a lot of pressure to have to focus on orgasm. What about if the next time you’re in the shower, you put on a sexy song, or you change the lighting?” Matatas will sometimes shower by candlelight, for instance.

Remember that sex is a body *and* mind process

Arousal starts in the brain, and most people need to get in the mood. That likely means being as relaxed as possible, and creating a stress-free environment where your mind can actually be present in your body. Get to a place where you’re not thinking about work, your kids or the giant dustball that lives under your couch. (And yes, this may be easier said than done.) —**G.G.**

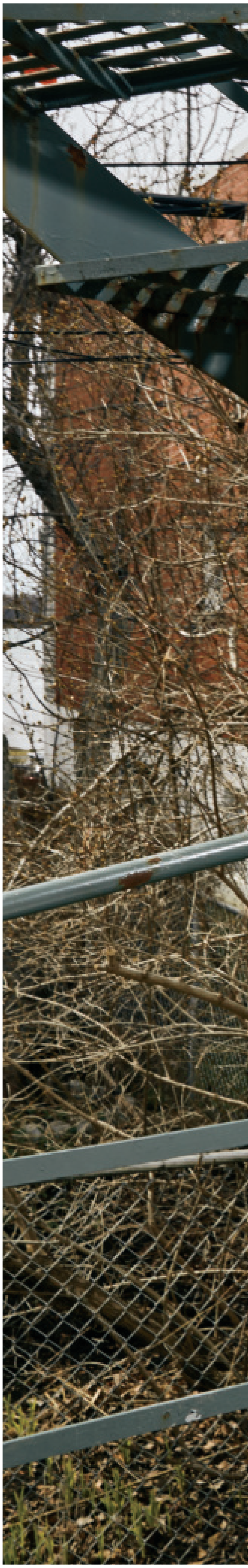
HOW TO TALK TO YOUR DOCTOR ABOUT SEX

We asked **Shirley Weir,** founder of the Menopause Chicks—a community dedicated to supporting women with quality, evidence-based health information and education—to walk us through what to say (even if it feels awkward).

1. Start by describing your goal for the appointment, your age and date of your last period	**“I’m here to discuss the benefits of vaginal hormone therapy. As you know, I’m 55 and my last period was three years ago.”**
2. Then describe your symptoms and the impact they’re having on your life	**“I’m experiencing vulva and vaginal dryness, which makes exercising uncomfortable, and it’s also impacting my sex life. As well, I’ve had three UTIs in the last year, which disrupt my work day.”**
3. Tell your doctor what you’ve researched and what it’s made you realize	**“I’ve recently learned about the benefits of vaginal hormone therapy...and I’ve been reminded that I am not meant to suffer!”**
4. Ask for help	**“I’d like to discuss all of the approved treatment options. Will you help me make the decision that’s best for me?”**
5. Don’t allow your concerns to be dismissed as “just part of getting older.”	**“I understand vulva and vaginal dryness is common, but I’d like to explore the approved treatment options that will help me feel better.”**

Your sexual health concerns are valid. Your quality-of-life matters. And you deserve care that includes your whole self—sexual health and all.

When I was 19, I was sentenced to life in prison. More than a decade later, I was granted parole—but I'll never be free.



LIFE ON THE OUTSIDE

WRITTEN BY
Sheri Pranteau

AS TOLD TO
Simon Rolston

PHOTOGRAPHY BY
Christie Vuong

IN THE EARLY HOURS of a cold Sunday morning in December 1979, my mother, Clara Lamirande, sprinted across B.C.'s Highway 1, just outside Vancouver. She ran headlong into a speeding car; the driver failed to see the dark shape of her body until it was too late.

My family lived in Winnipeg, but we were visiting my mom's relatives in Vancouver for Christmas. Two days before the accident, my mom—who was 28 at the time—left me and my siblings with her parents so she could visit the city with her brother, Lester. He came home early, but Mom stayed out. That was the last time a relative saw her. Late Sunday, the police visited the house where we were staying to ask if someone could identify her body.

The circumstances of my mother's death were suspicious: she simply disappeared, leaving her five young children behind; she was killed on a lonely stretch of highway; she was *running*. Still, the police said she was hitchhiking and claimed it was an accident. They never investigated her death, never asked questions. That wasn't surprising: she was Saulteaux, part of the Ojibwe tribe, and police rarely concerned themselves with the suspicious deaths of Indigenous women.

My father, Harry Samuel Pranteau, who was Cree, wasn't with us in Vancouver when we lost Mom. He was in Winnipeg attending his brother's funeral. Six months after Mom died, Dad died, too. He was diabetic and in poor health, and he succumbed to severe hypoglycemia. But I think he really died of a broken heart.

That's how I began.

Born into a shattered family, I was raised in a community struggling with alcoholism, drug addiction, poverty and extreme violence—a legacy of colonialism. As a child, I assimilated the trauma of my family and community. I became a product of my environment—always fighting, living in a kind of defensive crouch—and much of my youth was spent in and out of custody.

> To understand me is to see crime as a branch on a large tree whose roots plunge into the wet, dark earth of history.

Now, I'm serving a life sentence for manslaughter, armed robbery and firearms charges, but I've been living outside prison in Montreal for the past 15 years. Like you, I wake up and make breakfast with my family and do dishes and clean the house and go to my job at a restaurant (and, for three days a week, at an emergency shelter). I care for my 13-year-old son, Neville. My partner, who's a chef, often makes dinner. But, probably unlike you, I have to follow strict rules about where I can travel, where I can work, what I can consume and who I can see. I'm also required to ask anyone I spend time with if they have a criminal record; if I don't ask, I could be returned to prison.

Bound by strict laws and restrictions, constantly surveilled by parole officers and the Correctional Service of Canada until the day I die, I spend my life in a sort of purgatory between incarceration and freedom. While my story might be exceptional, it's not unique. Less than five percent of women in Canada are Indigenous, but we make up almost half of the women serving life sentences in this country. To understand me—and other Indigenous women like me serving life sentences or living in and out of Canada's prisons—is to see crime as a branch on a large tree whose roots plunge into the wet, dark earth of history.

WHEN MY MOM DIED, I was 18 months old. My maternal grandparents raised me and my four older siblings in the north end of Winnipeg. For a long time, I thought my grandparents were my mom and dad because my family never talked about painful things—unless they were drinking. Only when my grandmother drank would she tell me about the horrors of the residential school where she was forced to survive from ages seven to 19. And only when my relatives drank would they talk about my parents. I listened and, over time, pieced their stories together. Yet when I asked my eldest brother, Jeffrey, about our mom, he would angrily shush me. "We don't talk about her," he'd say.

Despite their alcoholism, my grandparents loved us. They kept a roof over our heads, kept us in school and ensured we were clothed and fed. But they were struggling, and home wasn't always safe. When there were parties, which happened often, my older sister, Wendi, and I would drag blankets into a large walk-in closet, climb to the top shelves and curl up to sleep, hidden from marauding drunks and their violent, angry desires. Now and then, Jeffrey would emerge from his room in the basement and check on us, keeping an eye out for threats.

Sometimes, I'd wake up the morning after the adults had been partying and find no food in the house. Jeffrey and my other older siblings would take us little kids to the store to steal food, which often attracted the attention of the police and Child and Family Services. Shoplifting eventually escalated into other crimes. When I was young, I got into a lot of trouble: possessing stolen property, car theft, breaking and entering. Sometimes I served time; other times I was let go. In a neighbourhood where the adults were traumatized residential school survivors and the kids were often fending for themselves, crime was normalized.

I idolized Jeffrey, who was 10 years older than me. A skilled fighter and self-taught martial artist, he had the strength and grace of Bruce Lee, and he could jump a six-foot fence from a standstill. He was our protector. That mattered because, growing up, the kids in our neighbourhood were suffering like our family, and that suffering often bloomed into violence.

One night, when he was in his mid-20s, Jeffrey was volunteering for the Bear Clan Patrol, an Indigenous-run community safety organization, and he learned that someone needed help, maybe protection, at a house in Winnipeg's north end. He hurried there, and sometime later, neighbours reported hearing cries for help. The police found Jeffrey's body, slashed and perforated with multiple stab wounds, a block away from the house. He'd bled out on the street alone.

When I heard that Jeffrey had been murdered, I was 13 years old, locked up in the Manitoba Youth Centre for one of many petty crimes I'd committed as a scared and angry kid. His death changed me. From that moment on, I was different—uncaring, cold. In youth custody, impervious to punishment, I fought everyone. I'd be released only to return months later, more volatile than ever. Eventually, when I was 16, the courts sentenced me as an adult for two aggravated assaults after a violent fight, and I went to federal prison in 1995.

In the Canadian prison system—which handles those serving more than a two-year sentence—prisoners often find themselves shipped across the country. I was initially held in the Winnipeg Remand Centre, but I was later sent to a provincial jail at Portage La Prairie, Man., before being bussed to Saskatchewan's Regional Psychiatric Centre in Saskatoon. At the time, women imprisoned at Kingston, Ont.'s notorious Prison for Women (P4W) were being transferred to new institutions across Canada as part of a national initiative to shutter P4W and reform women's facilities. Some of those sisters, battle-hardened from P4W's brutal conditions, arrived at the Regional Psychiatric Centre, where they found me in its maximum-security wing: terrified, wearing a heavy anti-suicide blanket, crouched in the corner of a segregation cell. Those women advocated for me, understood me, saw me. They knew that I was losing my shit for a reason. I was a pure and direct product of the residential school system. By comparison, most criminal justice system officials saw only the effects of my family's history on me, not the underlying causes.

While I was in prison when I was 17, for instance, a psychologist interviewed me and asked about my background. For a long time, she poked at the sensitive regions of my personal history—my upbringing, my family's relationship with alcohol, the loved ones I'd lost—and invited me to explore painful feelings that I'd tried to ignore. Eventually, with more prodding, I told her about the deaths in

Pranteau lives in Montreal with her teenage son, Neville, and her partner. The terms of her parole do not allow her to leave the city except for extenuating circumstances, like the death of a family member.

my family. Forty-five minutes into our conversation, she stopped writing, looked me in the eyes, and said, “I don’t believe you.” There was nothing in my file that supported what I was telling her. Rather than question the accuracy of the file—or consider *why* I hadn’t allowed myself to be emotionally vulnerable before, in a system where vulnerability was incredibly risky—she dismissed the formative experiences of loss and pain that were fundamental to my identity. Feeling betrayed, I flipped her desk.

When I was 19, I was finally released from prison. But four months later, a violent and tragic incident would change my life forever. The specifics of the incident are contested. According to the police, I participated in an armed robbery where someone was killed. My co-accused admitted to and was convicted of second-degree murder, so I thought it was clear that I hadn’t killed anyone. Nevertheless, the prosecution argued that I was an accomplice to a robbery where someone died, which meant that my charges were much more serious. I pleaded not guilty, but they charged and convicted me of manslaughter, and I was given a life sentence with the possibility of parole after seven years.

The Supreme Court of Canada has repeatedly affirmed that during sentencing, judges must consider the causal effects of colonialism when assessing an Indigenous person’s crime. But at no point during my trial did anyone acknowledge the violent deaths of my parents, my family’s residential school experience or my traumatic upbringing—not the prosecution, the judge or even my own lawyer.

Let me be clear: I take full responsibility for what I did. But passing judgment in a criminal trial means making sense of a crime, which includes understanding the motivations of the accused—and that means acknowledging my history. Like the psychologist who dismissed my past, the judge chose to ignore the trauma that informed (but did not excuse) my actions.

Maybe it was easier to disregard what motivated my behaviour and see me instead as a violent person. It certainly was for the guards at Quebec’s Joliette Institution for Women, where they shipped me after my conviction in 1999. I was 21 years old. I’ll always remember how they shackled me before removing me from my cell in the maximum-security unit so I could have gym time. When I got outside, I noticed the blonde prisoner who was doing gym time with me wasn’t restrained. Then I recognized her: it was Karla Homolka. It dawned on me that they saw me as more dangerous than a serial killer.

No matter how much I changed, I was still viewed and treated the same way: as a menace.

OVER THE DECADE and a half that I spent in prison, I changed. I started to heal. There was plenty that got me through: the letters from family and friends, the long phone calls from my cousins and brothers who were locked in different prisons, the wisdom of my Elders, the hours I spent reading and studying. But most importantly, there was the promise that I made to my grandfather.

Growing up, my grandfather was one of the few men who never raised a hand against me. As my life spiralled out of control, and I was increasingly behind bars, he’d always tell me, “Stop running away and come home.”

Shortly before I was moved to Joliette, I learned that my grandfather was seriously ill in the ICU in Winnipeg. I was granted leave from prison to visit him—under guard, of course, and I wasn’t allowed to tell anyone that I was there. He was alert when I arrived, although he had a tube in his throat and couldn’t speak. When I moved aside the hospital curtain, he saw that I was handcuffed, and he started to cry. I’d never seen him cry before. I told him that I was sorry for not listening to him, for not coming home. But I said that he didn’t have to worry about me. I would make better choices and take better care of myself. Although I wasn’t allowed to attend his funeral, which was devastating, I made peace with him.

Years later, remembering the promise I made to my grandfather, I worked hard to make it come true. Yet no matter how much I changed, I was still viewed and treated the same way: as a menace. If I became upset for any reason, regardless how valid or tempered my feelings, prison officials said I needed to retake an anger management course because I hadn’t internalized the lessons. I’d take the course again and again.

When I expressed interest in parole, guards started to pull me aside to read out protected information reports—official, anonymous accusations levelled by other prisoners—about me. Sometimes, prisoners filed these reports to exact a kind of petty vengeance, or to get under someone’s skin. I suspect the guards knew that the prisoners’ reports filed against me weren't true, but they would read them aloud and send me back to general population to see what I'd do. I wouldn't react—by then, I was no longer the impulsive girl they'd arrested more than a decade ago—but, like a grotesque collage, the reports created a false, regressive picture of me.

Because of the protected information reports, my parole officer said she wouldn't support my bid for release. But I was determined to go before the parole board anyway. I was granted a hearing on May 20, 2010. It was an Indigenous parole hearing, what's officially called a Culturally Responsive Hearing (CRH). A CRH is similar to a typical parole hearing: the board was composed of the usual members, the decision-making process was the same and my parole officer was present. But those in attendance were seated in a circle, and I was accompanied by an Elder who advised me and advocated for me. The victim's family was also there. During my initial trial, I never said a thing—never testified, never made a statement. But now, I told my story, and I told the board that they could leave me to die in prison, or they could let me live my life differently on the outside. Then, I left it in the hands of the Creator.

Pranteau was released on parole in 2010 and must regularly report to a parole officer. Even minor infractions to her release terms can result in a return to prison.

Unlike so many criminal justice system officials before them, the board listened. They believed me—and they gave me a chance.

I'd like to say that I was set free, but serving a life sentence outside of prison isn't the same as freedom. My sentence ends when I die. So, until that happens, my life isn't entirely my own. And it doesn't matter what I've accomplished. I've worked as a victim services coordinator at First People's Justice Centre of Montreal. I've worked on an Indigenous support workers project, advocating on behalf of imprisoned people with the Elizabeth Fry Society of Ottawa. I've raised my son in a loving environment where he has the support of Native Elders and knows nothing of the violence and pain I endured as a child. Despite my achievements, I could always be reincarcerated if I breach even minor conditions of my parole.

When someone learns that I'm serving a life sentence, they might feel apprehensive—until they get to know me. An Elder who was adopted during the Sixties Scoop and was raised to distrust people with criminal records said that getting to know me helped her realize that a criminal record doesn't make someone inherently bad. In fact, my tough upbringing and my experiences with the criminal justice system have been an asset in my work with unhoused Indigenous people who recognize a kind of shared experience.

Even still, I fear reincarceration every day. Last July, my new parole officer received a tip that I'd lost weight and looked unwell, and the tipster thought I was using drugs. I suffer from Addison's and Graves' diseases, which cause sudden weight loss. Nevertheless, I spent almost a week in a halfway house, where I was poked and prodded. Predictably, the drug tests were negative, but I now have to meet my parole officer biweekly—a nerve-wracking experience since even a minor infraction could jeopardize my freedom.

But of all the restrictive conditions, the hardest is this: I can't go home. The only time Correctional Services Canada allows me to leave Montreal and return to Winnipeg is after a tragedy. And there's been so much tragedy. In the last six years, I've lost 19 family members. Since 2021, I've lost seven nieces and nephews to fentanyl overdoses. It's like I can only visit them after they're gone.

Article 10 of the UN Declaration of the Rights of Indigenous Peoples states that "Indigenous peoples shall not be forcibly removed from their lands." But because of my conviction, I can't go home.

I can't go home.

On left: Top, Pleats Please Issey Miyake. Earrings, Corey Moranis. On right: Dress, Lafayette 148 New York at Holt Renfrew.

THE BEAUTY AWARDS 2025

Welcome to the ultimate winner's circle. For our fourth annual Beauty Awards, *Chatelaine, Châtelaine, FASHION* and *HELLO! Canada* teamed up with industry experts to dive into a hefty pile of products in the name of beauty. Test driving hundreds of launches across skincare, makeup, haircare, fragrance, nails and body care, our panel has determined what's actually worth your hard-earned dollars.

Read on to discover 125 beauty picks wholeheartedly endorsed by our expert panel.

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Beauty direction by **ANDRÉANNE DION**, **JULIA McEWEN** and **SOUZAN MICHAEL GALWAY**

Makeup

BEST NEW MAKEUP PRODUCT

E.L.F. Power Grip Matte Primer
$13, elfcosmetics.com

A mattifying take on the brand's viral grippy primer, this new version helps minimize shine and gives makeup a long-lasting boost. "My makeup did not budge, even after hours of wear," shared one judge.

BEST TINTED MOISTURIZER

Dr. Hauschka Tinted Day Cream
$55, drhauschka.ca

This tinted cream helps reduce pigmentation while leaving skin with a subtle sun-kissed glow. Key ingredients include almond oil and rose wax, a staple in the German brand's lineup.

BEST LIGHT-COVERAGE FOUNDATION

Charlotte Tilbury Unreal Skin Sheer Glow Tint Hydrating Foundation Stick
$62, charlottetilbury.com

A cult favourite from the moment it launched, this solid foundation stick wowed our judges. A few swipes gives skin a lit-from-within glow thanks to an ultra-dewy finish and a slew of hydrating ingredients.

BEST MEDIUM-COVERAGE FOUNDATION

Bobbi Brown Weightless Skin Foundation SPF 15
$77, bobbibrowncosmetics.ca

Described by one judge as the "perfect no-makeup makeup," this buildable foundation provides lightweight coverage for a seamless finish that stays put all day.

BEST FULL-COVERAGE FOUNDATION

Estée Lauder Double Wear Stay-in-Place Makeup

$67, esteelauder.ca

An elite complexion perfector, this matte foundation comes in more than 50 shades, so you're guaranteed to find your best match. "It has withstood the test of time because the finish is so flawless," said one judge.

BEST CONCEALER

M.A.C Studio Radiance 24HR Luminous Lift Concealer

$44, maccosmetics.ca

Our judges were impressed with this radiance-boosting concealer. It helps camouflage dark circles, while ingredients like niacinamide and vitamin C work to diminish their appearance over time.

BEST PRIMER

Milani Conceal + Perfect Blur Out Smoothing Primer

$25, milanicosmetics.com

"TikTok is right—it's like an instant filter," raved one judge about this multi-tasking makeup primer. Formulated with blue algae and Korean-pear extract, it blurs and hydrates simultaneously.

bareMinerals

BEST SETTING POWDER

BareMinerals Original Mineral Veil Loose Setting Powder

$48, sephora.com

This loose setting powder locks in makeup for the long haul. It provides an invisible shield that absorbs oil and blurs imperfections to keep skin looking fresh, not cakey.

BEST SETTING SPRAY

Makeup by Mario SurrealSkin Soft Setting Spray

$46, makeupbymario.com

"This is the best hydrating spray ever," said one judge about this fragrance-free formula packed with niacinamide. The ultra-fine mist locks makeup in place without messing it up.

BEST BLUSH

Nars Powder Blush

$43, narscosmetics.ca

Boasting a new talc-free formula, this iconic blush is back and more long-wearing than ever, promising to stay in place for up to 16 hours. Super blendable, it gives cheeks a covetable, natural-looking flush.

BEST HIGHLIGHTER

Dr. Hauschka Illuminating Fluid

$50, drhauschka.ca

This highlighter can be worn on its own for a megawatt glow or mixed into moisturizer for a more subtle finish. It contains jojoba oil to give skin a nourishing kick.

BEST BRONZER

Fenty Beauty Sun Stalk'r Instant Warmth Bronzer

$49, sephora.com

Available in nine shades, this transfer-resistant bronzer is like a tropical vacation in powder form. Soft and blendable with a natural-looking matte finish, it's the perfect way to fake a sunlit glow.

BEST CONTOUR

Rare Beauty Soft Pinch Liquid Contour

$39, sephora.com

This easy-to-blend, long-lasting formula won't leave skin looking muddy, and the diverse shade selection has every skin tone covered.

BEST LIPSTICK

Nars Explicit Lipstick

$54, narscosmetics.ca

Our expert panel was blown away by this long-wearing lipstick's intense colour payoff. The satin formula glides onto lips easily, providing maximum coverage and all-day comfort. Our judges also loved the refillable tube.

BEST LIQUID LIPSTICK

Maybelline New York SuperStay Vinyl Ink

$20, shoppersdrugmart.ca

From bold hues to everyday neutrals, this liquid lipstick comes in an impressive shade range. With a shiny finish that won't smudge or transfer, it delivers long-wearing and ultra-saturated colour.

BEST LIP OIL

Clarins Lip Oil Balm

$42, clarins.ca

Want the shine of a gloss and the nourishing properties of a balm? This little tube reimagines the brand's iconic lip oil as a solid formula that delivers hydration and shine in a variety of highly wearable hues.

BEST LIPGLOSS

CoverGirl Clean Fresh Yummy Gloss

$10, amazon.ca

Our judges reached for this gloss again and again, noting its soft, non-sticky feel and high-shine finish. A wallet-friendly option that rivals pricier counterparts, this vegan formula hydrates and nourishes in one swipe.

BEST LIP PLUMPER

Charlotte Tilbury Pillow Talk Big Lip Plumpgasm

$48, charlottetilbury.com

This tingling gloss takes the brand's bestselling Pillow Talk lippy to new heights. In addition to its plumping technology and glaze-like finish, it also contains hyaluronic acid for long-term hydration.

BEST LIP LINER

L'Oréal Paris Colour Riche Lip Liner

$16, shoppersdrugmart.ca

A creamy formula that can be worn alone or paired with lipstick, this liner adds just the right level of definition. Infused with vitamin E, it stays put without drying out lips.

BEST NEW EYE MAKEUP

Clinique High Impact Gel Tech Eyeliner in Black Honey

$36, shoppersdrugmart.ca

Inspired by the brand's iconic Black Honey lip hue, this gel liner provides a stylish twist on the classic black cat eye. The long-wearing formula glides on without tugging or pulling. "I can't live without it!" shared one judge.

BEST MASCARA

Revlon ColorStay Full Time Mascara

$16, amazon.ca

"I'm blown away by this mascara," said one judge about this drugstore gem. It pairs a lightweight formula with a brush that's designed to fit all eye shapes. The result? Big lashes that won't flake.

BEST EYELINER

Watier Eye Opening Vegan Liquid Eyeliner

$33, watier.com

With its ultra-fine-tipped brush and free-flow-ink technology, this liquid liner lets you paint both subtle and dramatic lines. "I'll definitely be adding this to my kit," shared one makeup artist.

BEST EYESHADOW

Dior Diorshow 5 Couleurs Eye Palette

$90, dior.com

A small luxury that's rich in history (each palette is inspired by an iconic piece of Dior clothing), this compact boasts ultra-creamy powders that blend and layer like a dream.

BEST EYEBROW PENCIL

Benefit Cosmetics Precisely, My Brow Pencil

$36, sephora.com

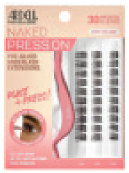
This fine-tipped pencil has a long list of fans, including our judging panel. Available in 12 shades, it defines brows in just a few strokes and features a built-in spoolie.

BEST EYEBROW GEL

Milk Makeup Kush Fiber Brow Gel

$30, sephora.com

Thanks to its fibre-infused formula, this gel makes fluffy arches attainable for all. Packed with conditioning hemp-derived cannabis-seed oil, a few swipes yield defined, voluminous brows.

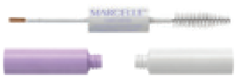


BEST FALSE EYELASHES

Ardell Naked Press On Underlash Extensions

$24 for 30 clusters, walmart.ca

These natural-looking, no-fuss lashes come pre-glued, which makes application a cinch. "They have changed the lash game," remarked one judge.



BEST LASH SERUM

Marcelle Lash Loving Lash Serum & Volumizing Primer

$21, marcelle.com

Safe to use even on the most sensitive peepers, this lash serum and primer combo is formulated with provitamin B5, peptides and amino acids to promote a thicker and fuller fringe.

BEST MAKEUP APPLICATOR

Quo Beauty Dual-Ended Complexion Detailer

$30, shoppersdrugmart.ca

Our judging panel loved how versatile this brush is, with its gentle bristles and double-ended tip. Some used it for undereye concealer, while others found it perfect for contouring hard-to-reach spots.

Skincare

Top, Akris Punto at Holt Renfrew. Earrings, Mejuri.

HERO PRODUCT

BEST NEW MOISTURIZER

Glow Recipe Cloudberry Bright Moisture Cream

$54, sephora.com

With its whipped texture and antioxidant-packed ingredient list, this hydrating cream quickly won over our judges. "It melts into skin effortlessly, leaving it refreshed," shared one.

skinfix
barrier+

BEST MOISTURIZER FOR ALL SKIN TYPES

Skinfix Barrier+ Triple Lipid-Peptide Cream

$73, sephora.com

Packed with vitamins and lipids, this cream from an eczema-friendly Canadian skincare brand is a crowd favourite. It improves the skin barrier, boosts hydration, reduces redness and gets bonus points for being refillable.

BEST MOISTURIZER FOR SENSITIVE SKIN

Rhode Barrier Butter

$61, rhodeskin.com

"This cream felt like a dream to put on," said one judge about this moisture-boosting balm from Hailey Bieber's beauty brand. It contains polyglutamic acid (a plumping humectant) and murumuru butter to seal in hydration.

BEST MOISTURIZER FOR DRY SKIN

Drunk Elephant Bora Barrier Repair Cream

$94, drunkelephant.ca

With a formula that contains multiple ceramides and zinc to minimize redness, this thick cream is a must-try for dry skin.

BEST MOISTURIZER FOR COMBINATION SKIN

Sisley Sisleÿa L'Intégral Anti-Âge Fresh Gel Cream

$800, sisley-paris.com

This hydrating yet weightless lotion is luxury in a jar. The formula contains more than 50 key ingredients, which smooth and firm skin while amping up radiance.

BEST MOISTURIZER FOR OILY SKIN

Koope Lightweight Moisturizer

$34, amazon.ca

With its lightweight matte finish, this fragrance-free lotion was created with oily skin in mind. Packed with niacinamide, it delivers moisture while improving skin's texture.

BEST MOISTURIZER FOR ACNE-PRONE SKIN

Omy Labs Personalized Day Cream

$70, omycosmetics.com

This customizable moisturizer from a Quebec-based brand tackles blemishes and redness. There's something for every skin type: You can choose to add up to three key ingredients to address your specific concerns.

EMINENCE
Bakuchiol + Niacinamide Moisturizer

BEST MOISTURIZER FOR FINE LINES AND WRINKLES

Éminence Organic Skin Care Bakuchiol + Niacinamide Moisturizer

$79, eminenceorganics.com

Our panel swooned over the gel-like texture of this cream. Its key ingredient, bakuchiol, is a retinol alternative that helps soften fine lines and wrinkles without irritation.

IDC
EXPRESS
MULTI-ACTION

BEST NIGHT CREAM

IDC Dermo Express Multi-Action Global 16-in-1 Anti-Aging Cream

$90, idcdermo.com

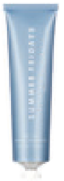
This treatment is a true multi-tasker, aiming to replace up to seven steps in your skincare routine. Designed for use on the face and neck and around the delicate eye area, it targets wrinkles and sagging skin.

BEST NEW FACE MASK

Marcelle Vitamin C + Squalane Brightening Mask With Probiotics

$22, marcelle.com

This vitamin C-powered face mask delivers brightening benefits in five minutes flat. Our panel was impressed by the hydrating formula and loved the fact that it's fragrance-free.



BEST FACE MASK

Summer Fridays Jet Lag Mask

$66, sephora.com

This moisturizing mask is a must-try, even if you're not fresh off a red-eye flight. "It left my skin feeling hydrated and calm," said one judge of the formula, which is enriched with skin-soothing ingredients as well as glycerine to lock in moisture.

BEST NEW SERUM

SkinCeuticals P-TIOX

$180, skinceuticals.ca

"Full disclosure, this is my third bottle," revealed one judge. This peptide-rich anti-wrinkle treatment rivals a trip to your dermatologist's office and leaves you with a glasslike glow.

BEST SERUM FOR SENSITIVE SKIN

SkinCeuticals Phyto Corrective Gel

$102, skinceuticals.ca

Easily recognizable thanks to its kelly-green hue, this soothing gel instantly minimizes irritation. Rich in botanical extracts, it's safe for use on all skin types, including sensitive and reactive ones.

BEST SERUM FOR DRY SKIN

Shiseido Ultimune Power Infusing Concentrate
$150, shiseido.ca

Infused with antioxidant-rich reishi mushroom and soothing heartleaf extract, this serum wowed our judging panel thanks to its hydrating properties. "It felt like a sip of water for my skin," noted one judge.

BEST SERUM FOR REDNESS

SkinBetter Science Mystro Active Balance Serum
$295, skinbetter.ca

"This serum was my favourite of all the products I tested," said one judge. Thioctic acid and squalane are just two ingredients in the science-backed formula, designed to minimize redness.

BEST SERUM FOR ACNE-PRONE SKIN

SkinBetter Science AlphaRet Clearing Serum
$190, skinbetter.ca

Formulated with a retinoid and salicylic acid, this blemish-busting serum works to curb breakouts without drying out skin. One judge commented that their skin looked "reborn" after regular use.

BEST SERUM FOR FINE LINES AND WRINKLES

Origins Plantscription Active Wrinkle Correction Serum
$94, shoppersdrugmart.ca

This plant-based serum targets fine lines and wrinkles with a powerful list of actives including a retinoid, a peptide and algae extract. One judge called it "a little lift in a bottle." Enough said.

BEST SERUM FOR DARK SPOTS

Neostrata Post-Acne Mark Correcting Serum
$62, neostrata.ca

Acne marks are notoriously challenging to treat, but they don't stand a chance against this potent treatment. Combining tranexamic acid and vitamin C, it helps fade even the most stubborn dark spots.

BEST SERUM FOR TEXTURE

Vivier Radiance Serum
$176, vivierskin.ca

A slew of skin concerns—including dullness and uneven texture—are targeted by this antioxidant-rich serum. It's made with arbutin and resorcinol, which stimulate cell turnover for a fresher-looking face.

BEST FACIAL OIL

Maater Cosmetics Alpha Glowing Face Oil
$60, maatercosmetics.com

"I loved everything about this product," gushed one judge about this skin-regenerating treatment. In addition to a blend of conditioning oils, it contains pearl mica dust to impart an immediate glow.

BEST OVERNIGHT TREATMENT

Avène Dermabsolu Intensive Reshaping Night Cream
$79, shoppersdrugmart.ca

Take your beauty sleep to the next level with this powerful night cream. It firms, brightens and targets multiple signs of aging with a full roster of superstar ingredients, like bakuchiol and niacinamide.

BEST ACNE/BLEMISH TREATMENT

CeraVe Acne Control Gel
$26, shoppersdrugmart.ca

Formulated with salicylic acid, ceramides, hyaluronic acid and niacinamide, this gel ticks all the boxes when it comes to tackling breakouts without irritation.

> "I loved everything about this product!"

BEST EXFOLIANT/PEEL

U Beauty Resurfacing Flash Peel
$258, ubeauty.com

This peel's fast-acting formula whips tired skin into shape with glycolic and fruit-derived alpha-hydroxy acids as well as soothing aloe to prevent irritation.

BEST TONER

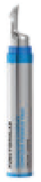
AlumierMD Bright & Clear Solution
$60, alumiermd.com

This toner wakes up skin with a combination of lactic and salicylic acids. It delivers a smoother and brighter complexion regardless of skin type.

BEST EYE CREAM

Belif Aqua Bomb Eye Gel
$44, sephora.com

A lightweight formula that packs a hydrating punch, this eye gel cools, de-puffs and reduces the look of dark circles. Infused with caffeine and adenosine, it's "a little treat for your eyes," as one judge put it.



BEST EYE TREATMENT

Functionalab Tensing Eye Complex
$130, functionalab.com

"Tens across the board" and "a miracle in a bottle" were just two of the ringing endorsements for this Canadian-made eye cream. The formula tightens and lifts skin while targeting hyperpigmentation and puffiness.

BEST EYE MASK

Evio Pink Perspective Hydrogel Eye Therapy
$22 for six pairs, shoppersdrugmart.ca

These pretty-in-pink hydrogel masks soften fine lines and soothe stressed skin thanks to hyaluronic acid and allantoin. Our experts noted that the cooling sensation left their undereyes feeling re-energized.

BEST CLEANSER FOR ALL SKIN TYPES

Fresh Soy Face Cleanser
$53, sephora.com

This beloved cleanser has been scooping up awards for years. Gentle enough for sensitive skin, it's formulated with soy proteins and aloe vera to cleanse without leaving skin feeling stripped.

BEST CLEANSER FOR DRY SKIN

Koope Milk Cleanser
$28, amazon.ca

"This cleanser is truly exceptional," remarked one judge. "I was blown away by how hydrated my skin felt after using it." The creamy, fragrance-free formula whisks away oil and makeup, leaving skin smooth and fresh.

> "This cleanser is truly exceptional. I was blown away by how hydrated my skin felt after using it."

BEST CLEANSER FOR COMBINATION SKIN

Grown Alchemist Gentle Gel Facial Cleanser
$52, sephora.com

This plant-based face wash is equally suited to dry and oily skin. Full of hydrating ingredients, it removes makeup without causing irritation. The rose and geranium scent earned points with our panel, too.

BEST CLEANSER FOR OILY SKIN

La Roche-Posay Effaclar Purifying Foaming Gel
$30, laroche-posay.ca

Recently reformulated to include phylobioma—an innovative ingredient that helps tackle acne at its root—this cleanser curbs oil production, balances skin pH and supports skin's microbiome.

BEST MAKEUP REMOVER

Weleda Makeup Removing Cleansing Oil
$34, well.ca

Our judges were astonished with this fragrance-free cleanser's ability to break down makeup with little effort. They also loved the recyclable glass bottle.

BEST CLEANSING BALM

Elemis Pro-Collagen Cleansing Balm
$54, sephora.com

Melt away makeup—including waterproof mascara and long-wear lipstick—with this 3-in-1 cleansing balm. When massaged into dry skin, it transforms into an oil and then turns milky with the addition of water.

BEST CLEANSING OIL

Clinique Take the Day Off Cleansing Oil
$55, clinique.ca

This aptly named oil dissolves makeup at record speed. Ophthalmologist-tested, it easily rinses away without leaving a greasy residue behind. "Ten out of 10 would recommend," noted one judge.

PHOTOGRAPHY: BUTTERFLIES VIA ISTOCK.

BEST NEW FACIAL SUNSCREEN

Ultra Violette Queen Screen Luminising Skinscreen SPF 50+

$57, sephora.com

"This is the only SPF I look forward to applying every day," shared one judge. Incredibly hydrating, rich in antioxidants, a high sun protection factor—it doesn't get much better than this A+ formula.

BEST CHEMICAL FACIAL SUNSCREEN

Vichy Capital Soleil UV+AGE Daily SPF 60

$43, vichy.ca

Formulated with niacinamide to help brighten dark spots, peptides to boost collagen and probiotic fractions to strengthen the skin barrier, this fragrance-free SPF provides broad-spectrum protection with skincare benefits.

BEST MINERAL FACIAL SUNSCREEN

Nuda SolarGlow Mineral Serum Sunscreen SPF 30

$47, nuda.com

According to our panel, this made-in-Canada sunscreen is "impressive," "luminous" and "absolutely perfect. " The serum-like texture sinks into skin without leaving a telltale white cast.

BEST FACIAL SUNSCREEN FOR SENSITIVE SKIN

Atmosphera Luminous Mineral Daily Sun Coverage Lotion Tinted SPF 44

$90, atmospherabeauty.com

This tinted formula from an Alberta-based brand earned high praise from our discerning panel. "My sensitive skin loved it—zero redness—and it's water-resistant. What a marvel!" raved one judge.

BEST FACIAL SUNSCREEN FOR DRY SKIN

Clé de Peau Beauté Protective UV Cream SPF 50+

$182, cledepeaubeaute.ca

The ultimate luxury in sunscreen, this formula provides UVA and UVB protection in a rich and hydrating cream. "With this product, there's no reason to go without sunscreen," said one expert.

BEST FACIAL SUNSCREEN FOR DARK SKIN

La Roche-Posay Anthelios Ultra-Fluid SPF 50+

$33, laroche-posay.ca

This fragrance-free SPF is formulated with chemical filters and won't leave behind a white cast. It blends seamlessly into skin with a soft matte finish thanks to hydrating ingredients like vitamin E and glycerine.

BEST FACIAL SUNSCREEN FOR SPORTS

Vichy Capital Soleil UV Sport Ultra-Light Refreshing Lotion SPF 60

$34, vichy.ca

Finding an SPF that will go the distance during a high-intensity sweat sesh is no easy feat, but this one earned high marks from our judges. Applied onto wet or dry skin, it stays put for up to 80 minutes.

BEST FACIAL SELF-TANNER

Nuda Cloudmist Face Tan Water

$45, nuda.com

With an ultra-fine mist that makes for a foolproof application (no spots or streaks here!), this skin-enhancing self-tanner imparts a natural-looking glow within six hours.

BEST LIP BALM

Ole Henriksen Pout Preserve Peptide Lip Treatment

$30, olehenriksen.com

This treatment stands out in a sea of lip products. Available in eight shades, it subtly plumps lips and smooths fine lines. "Good hydration, a bit of colour and a lot of shine—what's not to love?" shared one pro.

BEST LIP MASK

Ghlee Lip Mask

$30, ghlee.com

Deeply hydrating and repairing, this soothing made-in-Canada mask's star ingredient is ghee (a shelf-stable clarified butter). The souped-up formula also contains squalane and camellia to soothe parched lips.

BEST LIP SCRUB

Ghlee Lip Scrub

$20, ghlee.com

Like its lip-mask counterpart, this multi-tasking scrub is unmatched when it comes to leaving lips soft and flake-free. The 3-in-1 treatment cleanses, conditions and exfoliates using ghee and brown sugar.

BEST SKINCARE TOOL AND TECH

My Sheen Skin Nora LED Light Therapy Face Mask

$529, mysheenskin.com

Some judges saw a difference in their skin after just a few uses of this high-tech mask. Powered by 264 LED light bulbs with four wavelengths to target different concerns, this treatment truly rejuvenates.

Fragrance

Dress, Ferragamo at Holt Renfrew.

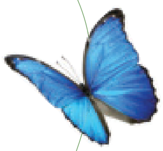
BEST NEW FRAGRANCE

Merit Retrospect L'Extrait de Parfum

$125 for 30 mL, meritbeauty.com

This stylish scent from the cult-fave minimalist beauty brand boasts notes of bergamot, jasmine and musk. Striking a balance between new and vintage, the juice is a concentrated extrait de parfum, providing more than 12 hours of wear.

> "It smells expensive—like a luxury hotel."

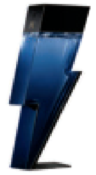


BEST PERFUME

Burberry Goddess Eau de Parfum

$181 for 50 mL, sephora.com

"Intriguing," "elevated" and "well rounded" are just a few adjectives our panel used to describe this scent. With notes of vanilla and lavender, it's the LBD of fragrance—it goes with everything.



BEST COLOGNE

Carolina Herrera Bad Boy Cobalt Elixir

$156 for 50 mL, sephora.com

"I knew I'd struck gold when I scored three compliments in one day," said one judge about wearing this earthy fragrance. It's housed in an eye-catching lightning-bolt-shaped bottle, and its key notes include sage and black truffle.

BEST BODY MIST

Salt & Stone Santal & Vetiver Body Mist

$61 for 100 mL, sephora.com

A body mist that also hydrates? Sign us up. Enriched with glycerine and red algae to restore moisture, this scent blends amber, cedar and vetiver to give off a warm and welcoming vibe.

BEST CANDLE

Bath & Body Works Mahogany Teakwood Intense 3-Wick Candle

$28, bathandbodyworks.ca

This scented candle delivers a cozy feel with notes of rich mahogany and dark oak. "It smells expensive—like a luxury hotel," noted one judge.

PHOTOGRAPHY: BUTTERFLY VIA ISTOCK

On left: Top, Rick Owens
at Holt Renfrew.
On right: Dress, Pleats
Please Issey Miyake.
Earrings, Biko.

HERO PRODUCT

BEST NEW SHAMPOO

CeraVe Gentle Hydrating Shampoo

$14, shoppersdrugmart.ca

From the beloved skincare brand's newly launched haircare line, this shampoo amps up moisture and shine while pampering the scalp with CeraVe's signature ingredients: ceramides and hyaluronic acid.

Hair and Nails

BEST NEW CONDITIONER

Garnier Whole Blends Honey Water Conditioner
$7, shoppersdrugmart.ca

A deeply restorative formula that provides moisture without weighing hair down, this conditioner banishes frizz and boosts shine. “It left my curls moisturized and bouncy after a single use,” said one judge.

BEST SHAMPOO FOR DRY HAIR

OGX Nourishing + Coconut Milk Shampoo
$13, shoppersdrugmart.ca

Our judges raved about this hydrating shampoo, claiming that their hair was noticeably softer after one wash. Formulated with coconut extract and without parabens, it’s ideal for thirsty hair.

BEST CONDITIONER FOR DRY HAIR

L’Oréal Paris Bond Repair Conditioner
$10, walmart.ca

Formulated for dry and damaged hair, this conditioner is enriched with a bond-repair complex containing citric acid that leaves hair stronger and healthier.

BEST SHAMPOO FOR VOLUME

OGX Extra Volume + Biotin & Collagen Shampoo
$13, shoppersdrugmart.ca

Breathing new life into limp hair, this shampoo contains collagen and biotin and promises more than 72 hours of fullness. “I’m definitely keeping this product in my rotation,” said one judge.

BEST CONDITIONER FOR VOLUME

DesignMe Puff.Me Volumizing Conditioner
$36, designmehair.com

Give flat hair a lift with this volume-boosting conditioner. Made with sunflower-seed oil and mango extract to nourish and strengthen, it helps enhance body and bounce.

BEST SHAMPOO FOR CURLY HAIR

Carol’s Daughter Goddess Strength Fortifying Shampoo
$15, amazon.ca

The castor and black-cumin-seed oils in this sulfate-free shampoo from a Black woman-founded business make hair less prone to breakage. "I adore this shampoo!" exclaimed one judge.

BEST CONDITIONER FOR CURLY HAIR

Carol’s Daughter Goddess Strength Fortifying Conditioner
$15, amazon.ca

Our curly-haired judges fell hard for this rich conditioner. The formula fortifies strands and makes detangling a cinch. “I love this one; it smells edible and leaves my thick hair feeling softer,” commented one pro.

BEST SHAMPOO FOR THIN HAIR

BondiBoost HG Shampoo
$44, sephora.com

This sulfate-free low-lather shampoo is formulated with ingredients that help minimize shedding, including rosemary extract, which improves scalp and hair health.

BEST CONDITIONER FOR THIN HAIR

Malin + Goetz Cilantro Hair Conditioner
$41, malinandgoetz.ca

Unlike many conditioners, this gentle formula doesn’t weigh thin hair down. Fatty acids provide lightweight hydration, while shea butter adds a moisturizing kick.

BEST TREATMENT FOR BLOND HAIR

Silvering Tonal Control Concentrated Toning Mix
$34, silveringbeauty.com

This cleverly named product is a blond’s best friend. Add a pump or two to your favourite shampoo to minimize pesky yellow tones.

BEST CONDITIONER FOR BLOND HAIR

Amika Bust Your Brass Cool Blonde Strength Repair Conditioner
$39, sephora.com

This conditioner delivers on its name! Its deep-purple pigments tone brassiness, while quinoa proteins and plant butters strengthen weak strands.

BEST DRY SHAMPOO

Crown Affair
The Dry Shampoo
$57, sephora.com

Judges loved the fact that this product is refillable and simple to use: It comes with a handy kabuki brush that allows you to easily target oily patches. The loose-powder formula contains tapioca starch instead of irritating talc.

BEST NEW HAIR TREATMENT

Oribe Mirror Rinse
Glass Hair Treatment
$80, oribe.com

"Mind-blowing" and "divine" are words our panel used to describe this shine-boosting treatment. The water-like formula works by smoothing the hair cuticle, leaving behind next-level gloss.

BEST HAIR LEAVE-IN TREATMENT

Wella Professionals Ultimate
Repair Protective Leave-In
$40, chatters.ca

This leave-in is infused with exfoliating alpha-hydroxy acids (a.k.a. AHAs), omega-9 fatty acids and squalane to strengthen damaged strands. "After only a few uses, I noticed my hair was sleeker, shinier and frizz-free," said one judge.

BEST TREATMENT FOR THINNING HAIR

Aveda Invati Ultra Advanced
Fortifying Leave-In Treatment
$57, aveda.ca

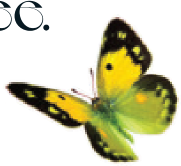
Targeting weak hair from root to tip, this leave-in acts like a protective coat to prevent damage that can contribute to hair thinning. It contains detangling conditioning agents and lactic acid to seal in the hair cuticle.

BEST SCALP CARE PRODUCT

Moroccanoil Scalp
Purifying Scrub
$44, moroccanoil.com

Our panel agreed that this scrub—with its foolproof nozzle applicator—is a new shower staple. It contains argan-shell powder to gently buff away oil, buildup and flakes.

> "After only a few uses, I noticed my hair was sleeker, shinier and frizz-free."



BEST HAIR MASK

Monday Deep
Moisture Hair Mask
$8, walmart.ca

Finding a mask that deeply hydrates without making hair feel heavy can be tricky, but this drugstore favourite does just that. Full of keratin and shea butter, it restores moisture to lacklustre locks.

BEST HAIR OIL

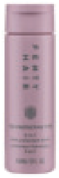
JVN Complete
Pre-Wash Scalp Oil
$44, sephora.com

With its new and improved formula, this oil works to soothe the scalp and clarify hair. Ingredients like stimulating rosemary extract and strengthening hemisqualane round out a balanced treatment that reduces breakage.

BEST NEW HAIR STYLING PRODUCTS

Dyson Chitosan Pre-Style
Cream and Post-Style Serum
$70 each, dysoncanada.ca

For the brand's first foray into styling products, this duo takes haircare to the next level. Created to help heat-styled hair look better for longer, it's named after the key ingredient: a mushroom derivative that provides flexible hold.



BEST BLOWOUT CREAM

Fenty Hair The Protective Type
5-in-1 Heat Protectant Styler
$41, sephora.com

"This 5-in-1 truly delivers!" exclaimed one judge about the do-it-all styler. Protecting up to 230C, it preps strands for a salon-level blowout while adding shine and sealing split ends.

BEST SMOOTHING PRODUCT

Kerasilk Flat Iron Spray
$42, amazon.ca

This styler—made with a silk-mimicking protein—provides heat protection and staves off humidity to maintain a style for up to 72 hours. "Major points for the scent," remarked one judge. "The subtle musk is sophisticated and expensive-smelling."

PHOTOGRAPHY: BUTTERFLY VIA ISTOCK

BEST TEXTURIZING STYLING PRODUCT

SexyHair Big Volume Flex Texture Spray

$24, amazon.ca

This buildable texture spray also shields hair from humidity. “I’ve been using this on-set since I got it,” commented one hairstylist.

BEST CURL STYLING PRODUCT

Aveda Be Curly Advanced Curl Enhancer Cream

$47, aveda.ca

Designed for curls and waves, this silicone-free cream provides definition using plant extracts. “My favourite curl-enhancing cream ever—and I’ve tried a lot of them,” said one judge.

BEST HAIRSPRAY

DesignMe Hold.Me Three-Way Hairspray

$31, designmehair.com

This 3-in-1 hairspray has an adjustable nozzle that lets you choose between three levels of hold. The weightless formula also provides heat protection for over 200C.

BEST HEAT PROTECTANT

Olaplex No. 9 Bond Protector Nourishing Hair Serum

$41, sephora.com

Protecting hair from heat, dialing up shine and reducing tangles are just a few of this beloved serum’s feats. The formula glides on for silky, stronger strands.

BEST AT-HOME HAIR COLOUR

Garnier Good Permanent Hair Colour

$18, amazon.ca

“It covers greys perfectly and leaves my hair soft and radiant,” shared one judge after using this at-home hair-colour kit. With its masklike texture that prevents messy drips, even application is a breeze.

BEST NEW HAIR TOOL

Dyson Airwrap I.D. Multi-Styler and Dryer

$800, dysoncanada.ca

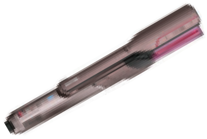
This new iteration of the viral styler is a total game-changer, said one of our judges. Syncing with an app, it allows you to program your go-to settings for perfect curls every time.

BEST HAIR DRYER

Dyson Supersonic Nural Hair Dryer

$630, dysoncanada.ca

This futuristic blow-dryer knows exactly what your scalp and hair need. With its state-of-the-art technology, including “scalp protect mode,” which adjusts the temperature to avoid heat damage, it truly is the GOAT of hair tools.



BEST STRAIGHTENER

Shark FlexFusion Air & Ceramic System With Air Straightener

$499, sharkclean.ca

The versatility of this multi-use styler won over our judging panel. Equipped with both ceramic plates and the forced air of a blow-dryer, it can transform wet or dry hair into a sleek style in as little as one pass.

BEST NEW NAIL PRODUCT

Quo Beauty Luminous FX Nail Concealer

$13, shoppersdrugmart.ca

Concealer for your nails? Genius. This unique polish—available in seven hues—gives tips a sheer wash of colour and camouflages imperfections. “It makes me want to take care of my nails again!” said one judge.

BEST NAIL POLISH

Sally Hansen Insta-Dri Nail Color

$8, amazon.ca

“Sally Hansen is an OG in the nail aisle for a reason,” raved one judge after swiping on a few coats of this bestselling polish. It comes in over 65 shades, so the at-home mani options are limitless.

BEST CUTICLE PRODUCT

L’Occitane Nail & Cuticle Oil

$29, loccitane.com

Enriched with more than 30 percent shea oil, this nourishing strengthener adds instant hydration to parched cuticles via a mess-free brush applicator.

BEST PRESS-ON NAILS

Sally Hansen Salon Effects Perfect Press-On

$10, amazon.ca

An instant manicure in a box, these press-on nails come in an array of on-trend styles and fun designs. Each box has everything you need to DIY a salon-worthy new look.

Bath and Body

Dress, Acne Studios at Holt Renfrew. Rings, Biko.

Contributing editors, Andréanne Dion and Maureen Halushak. Hair, Ashley Readings and Ian Russell. Makeup, Caroline Levin and Ronnie Tremblay. Nails, Nargis Khan. Prop styling, Erica Morga. Models, Gabi, Molly, Shar and Simon.

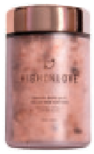
HERO PRODUCT

BEST BODY WASH

L'Occitane Amande Delicious Shower

$40, loccitane.com

Not only will this whipped cleanser leave your skin feeling softer but it also smells amazing. "It makes me think of a French patisserie—the sweet-almond notes are delectable," said one judge.



BEST BATH SOAK

HighOnLove Sensual Bath Salts

$55, highonlove.co

Enriched with rosebuds, lavender and hemp-seed oil, these salts are guaranteed to elevate your next soak with nourishing antioxidants and serious hydration.

BEST BODY CREAM

Philosophy Ultimate Miracle Worker Resurfacing Body Serum

$62, shoppersdrugmart.ca

Judges were blown away by this serum. "After one use, I saw and felt a difference," shared one expert. Targeting crepey skin, it contains peptides and retinol to firm.

BEST BODY SCRUB

Flamingo Estate Exfoliating Peppermint Soap Brick

$58, flamingoestate.com

"I love everything about this soap, especially the scent," remarked one judge. Formulated with gently exfoliating poppy seeds and purifying French blue clay, it buffs and softens skin.

BEST BODY SUNSCREEN

La Roche-Posay Anthelios Ultra-Fluid SPF 50+ Body

$36, laroche-posay.ca

Our judges agree: This sunscreen is worth every penny. Many were impressed by how easily it spread over the skin and how quickly it was absorbed, not to mention its invisible finish and high level of protection.

BEST BODY SELF-TANNER

Hawaiian Tropic Aloha Glow Self-Tanning Milk Every Day Gradual Tan

$15, walmart.ca

Infused with that iconic tropical scent (a.k.a. nostalgia in a bottle), this bronzing milk leaves the skin with a can't-mess-it-up glow and also hydrates for a full 24 hours.

BEST DEODORANT/ ANTIPERSPIRANT

Athena Club All Over Deodorant

$14, athenaclub.com

Available in four scents, this multi-tasker is safe to use anywhere on the body to stop odour. "I've put it to the test through long days, workouts, you name it," shared one judge. "It's my new favourite."

BEST NATURAL DEODORANT

Lotus Aroma Roll-On Deodorant

$17, lotusaroma.com

This 100-percent-natural formula from a Canadian brand contains citric acid and corn-derived alcohol to inhibit odour while probiotics and sage provide antibacterial support. Many judges noted that it kept them fresh all day long.

BEST HAIR-REMOVAL PRODUCT

Schick Hydro Silk Rose Gold Metal Handle Razor

$16 for one razor and two refills, walmart.ca

Our judges raved about how close of a shave this razor provided. With its weighted metal handle and five-blade replaceable heads, it feels luxurious without sacrificing efficiency.

BEST HAND CREAM

Grown Alchemist Restorative Hand Cream

$64, grownalchemist.com

Aloe, camellia and grape seed oils are the hydrating heavyweights in this luxe hand cream. It's moisturizing without being too heavy or sticky and has a heavenly vanilla and orange-peel scent.

BEST HAND SOAP

Bath & Body Works Kitchen Lemon Gentle & Clean Foaming Hand Soap

$9, bathandbodyworks.ca

This staple is "the best smelling and feeling soap on the market," according to one judge. It generates a luxurious lather, and the uplifting citrus and bergamot scent is a treat for your senses.

BEST BEAUTY SUPPLEMENT

Niyama Glow & Flow Vegan Collagen Booster

$53, niyama-wellness.ca

This made-in-Canada vegan collagen powder won over our judges. Packed with three amino acids, plus hyaluronic acid, vitamin C and biotin—and no added sugars or artificial sweeteners—it offers nutrients that may help produce and preserve collagen.

To shop your future favourites, head over to **TheBeautyAwards.ca** or scan the QR code above.

THE SPREAD

17 DELICIOUS, DOABLE RECIPES

HOT HONEY AND LIME SHRIMP
P 66

SPIRIT BBQ, WEBER.COM/CA. TERRAZZO TRAY, XENIATALER.COM.

CHRISTINE IS AN AWARD-
WINNING COOKBOOK
AUTHOR AND CHEF.
SHE LIVES IN NOVA SCOTIA.

CHRISTINE FLYNN WANTS YOU TO COOK OUTSIDE

RECIPES AND TEXT BY **Christine Flynn**
PRODUCED BY **Sun Ngo**
PHOTOGRAPHY BY **Christie Vuong**
FOOD STYLING BY **Sage Dakota**
PROP STYLING BY **Rayna Marlee Schwartz**

As soon as the weather warms, I fire up the grill. There's something about cooking and eating outdoors that makes everything taste better. Maybe it's the kiss of the live fire, maybe it's the fresh summer produce, maybe it's not having to worry about vacuuming under the table after the kids are done eating. Whatever it is, I'm a grill girlie through and through!

Whether you're an experienced backyard chef, or just getting acquainted with the thrill of the flame, here's a terrific menu to inspire you to grab your tongs.

Hot Honey and Lime Shrimp

PREP 15 MIN; TOTAL 1 HR 15 MIN

SERVES 4 *The trick to these shrimp is to keep things super simple: a quick marinade, then a dip in hot honey sauce after they've come off the grill.*

Marinade

¼ cup	extra-virgin olive oil
1 tbsp	tomato paste
1 tsp	paprika
1 tsp	kosher salt
1	garlic clove, smashed and thinly sliced
	Pinch of red chili powder
454 g	jumbo shrimp, peeled and deveined

Dressing

2 tbsp	melted unsalted butter
2 tbsp	hot honey
	Zest and juice of 1 medium lime
	Pinch of red chili powder

Garnish

2 tbsp	minced chives
	Lime wedges

1. Marinade: Whisk oil with tomato paste, paprika, salt, garlic and chili powder in a medium bowl. Add shrimp and toss well. Refrigerate for 1 hr.
2. Dressing: Whisk butter with honey, lime zest and juice, and chili powder in a large bowl. Set aside.
3. Preheat grill to medium-high. Oil grill.
4. Using tongs, arrange shrimp on grill. Discard marinade. Grill shrimp until they turn pink, 2 to 3 min per side. Transfer to bowl with dressing and toss.
5. Arrange shrimp and dressing on a platter. Garnish with chives and lime wedges. Serve immediately.

Grilled Peach, Fresh Corn and Feta Salad

PREP 15 MIN; TOTAL 25 MIN

SERVES 4 TO 5 *Loaded with juicy grilled peaches, sweet corn, briny feta and fresh basil, this salad comes together quickly and goes fast.*

Pickled Onion

½	medium red onion, thinly sliced
2 tbsp	white vinegar
1 tbsp	honey
	Pinch of salt
	Zest and juice of 2 limes

Salad

3	peaches
1 tbsp	extra-virgin olive oil, plus more for drizzling
	Pinch of salt
3	cobs corn, kernels removed and cobs discarded
3	radishes, thinly sliced
150 g	feta cheese, crumbled
1 tbsp	feta brine
	Pinch of red chili powder
½ cup	fresh basil, roughly torn

1. Pickled Onion: Place sliced onion in a glass or ceramic bowl. Combine vinegar with honey and salt in a saucepan set over high. Bring to a boil, then pour over onion. Stir until liquid turns pink, then let stand for 5 min. Stir in lime zest and juice. Set aside.
2. Preheat grill to medium-high. Oil grill.
3. Salad: Halve peaches, remove pits and then cut each half into three wedges. Combine peaches with oil and pinch of salt in a large bowl. Arrange peaches, cut-side down, on grill. Barbecue until grill marks form, 2 to 3 min per side. Transfer peaches back into bowl.
4. Add corn, radishes, feta, brine, chili powder and pickled onion (with liquid) to peaches. Toss well to combine. Before serving, top with basil and a drizzle of extra-virgin olive oil.

BBQ Dill Pickle Flatbreads with Za'atar

PREP 30 MIN; TOTAL 1 HR 45 MIN

SERVES 4 *The herby, lemony flavour of za'atar pairs perfectly with the tang of dill pickles and the char of a good flatbread crust. The dough is simple and doesn't require any kneading for the first rise. (But no one's telling if you use store-bought pizza dough!)*

Dough

1 tbsp	honey
2 tsp	active dry yeast
2 cups	all-purpose flour, divided
2 tbsp	extra-virgin olive oil, plus more for brushing
1 tsp	kosher salt

White Sauce

1 cup	3.25% milk
2 tbsp	unsalted butter
2 tbsp	all-purpose flour
	Pinch of salt

Topping

115 g	shredded mozzarella, divided
1 cup	sliced garlic dill pickles, divided
2 tbsp	za'atar

1. Dough: Whisk honey with yeast and 1 cup lukewarm water in a large bowl. Let stand for 5 min. Whisk in 1 cup flour, then continue whisking hard for 3 min. Cover bowl with a towel and let rise until mixture puffs up and bubbles form, about 1 hr.
2. Using a wooden spoon, stir in 2 tbsp oil and kosher salt. Add remaining 1 cup flour, then continue stirring until dough forms. Transfer dough onto a lightly floured surface. Using floured hands, knead dough for 3 min. Wash out bowl, then brush with oil. Transfer dough back into bowl and turn it over a few times to lightly coat in oil. Cover bowl and let rise for 20 min.
3. Sauce: Meanwhile, heat milk in a small saucepan set over high until it starts to simmer. Pour into a cup and set aside. Reduce heat to medium-high. Melt butter in same saucepan, then whisk in flour and pinch of salt. (Reduce heat if flour starts to brown.) Continue cooking until mixture turns golden, 2 to 3 min. While whisking, slowly pour in warm milk. As sauce thickens, use a spatula to stir until thick enough to coat the back

GRILLED PEACH, FRESH CORN AND FETA SALAD
P 66

BRACELETS, LOANDCODESIGNS.CA. PRESS-ON NAILS, BAOBAONAILSHOP.COM.

BBQ DILL PICKLE FLATBREADS WITH ZA'ATAR
P 66

QUICK ZUCCHINI SALAD WITH MIZITHRA AND SUMAC

P 70

TOP AND SHORTS, LILY MORGAN, GIANTTIGER.COM. JEWELLERY, ILOVEBIKO.COM. PRESS-ON NAILS, BAOBAONAILSHOP.COM.

of a spoon, 4 to 5 min.
4. Preheat grill to medium-high.
5. Divide dough into four equal balls. Roll out each piece on a well-floured surface into a 1-cm thick oval. Lightly brush tops with oil. Arrange 2 portions at a time, oil-side down, directly onto grill grates. Grill until bottoms are lightly browned, but still doughy, about 2 min. Brush more oil on top, then use tongs to quickly flip dough over.
6. Spread one-quarter of white sauce over each portion of dough, then sprinkle with one-quarter each of cheese and pickles. Close lid. Cook until crust is browned and cheese is melted, 3 to 5 min. Remove from grill and sprinkle with za'atar. Repeat with remaining dough.

Quick Zucchini Salad with Mizithra and Sumac

PREP 20 MIN; TOTAL 20 MIN

SERVES 4 *Mizithra is a Greek cheese that's stretchy and similar to feta when it's fresh—but for this recipe I used an aged version, which is crumbly and a bit salty. Ricotta salata is a great substitution.*

680 g	**zucchini (about 4 medium-size zucchini)**
½ tsp	**sumac**
	Pinch of salt
	Zest and juice of 2 lemons
2 tbsp	**extra-virgin olive oil, plus more for drizzling**
½ cup	**loosely packed mint leaves, divided**
2 tbsp	**roasted pistachios, chopped and divided**
85 g	**aged mizithra or ricotta salata cheese**

1. Place a large plate or platter in freezer.
2. Trim off and discard tops and bottoms of zucchini. Using a vegetable peeler and working over a large bowl, peel around the outside of each zucchini lengthwise to get nice long ribbons. Discard cores. Sprinkle zucchini with sumac and salt, then add lemon zest and juice and olive oil. Toss well.
3. Add ¼ cup mint leaves and 1 tbsp pistachios. Using your vegetable peeler, peel half of cheese into strips and gently toss into salad. Transfer salad to chilled plate, then sprinkle with remaining mint and pistachios.
4. Peel remaining cheese over salad, then drizzle with more olive oil, if desired.

Cumin-Grilled Flank Steak with Herby Yogurt Sauce

PREP 30 MIN;
TOTAL 1 HR 30 MIN

SERVES 4 TO 5 *Cumin and grilled meat are a perfect pair. This showstopper of a main course—steak layered over an herby yogurt sauce and topped with a simple salad of fresh herbs—is incredibly simple to pull together.*

Marinade

½	**medium red onion, thinly sliced**
4	**garlic cloves, smashed**
¼ cup	**extra-virgin olive oil**
2 tbsp	**white vinegar**
1 tbsp	**honey**
1 tbsp	**whole cumin seeds, toasted and ground**
2 tsp	**kosher salt, plus more for seasoning**
1 tsp	**paprika**
1 tsp	**red chili powder**
1 tsp	**black pepper, plus more for seasoning**
1 kg	**flank steak, trimmed of any extra fat or silver skin**

Yogurt Sauce

½	**cucumber, seeds removed and roughly chopped**
1	**garlic clove, smashed**
1	**green onion, roughly chopped**
¼ cup	**fresh dill**
¼ cup	**fresh cilantro**
¼ cup	**fresh basil**
2 tbsp	**extra-virgin olive oil**
1 tbsp	**white vinegar**
1 tsp	**honey**
	Pinch of salt
¾ cup	**full-fat Greek yogurt or labneh**

Herb Salad

¼ cup	**chopped fresh dill**
¼ cup	**chopped fresh cilantro**
¼ cup	**chopped fresh mint**
1	**green onion, thinly sliced**
1	**small green chili, thinly sliced**
½	**medium lime, juiced**
1 tbsp	**extra-virgin olive oil**
	Pinch of salt

1. Marinade: Whisk red onion and 4 smashed garlic cloves with ¼ cup oil, 2 tbsp vinegar, 1 tbsp honey, cumin, kosher salt, paprika, chili powder and pepper in a medium bowl. Add steak and coat with marinade on both sides. Let sit for at least 1 hr, or refrigerate overnight.
2. Sauce: Blitz cucumber with smashed garlic clove, chopped green onion, ¼ cup dill, ¼ cup cilantro, basil, 2 tbsp oil, vinegar, 1 tsp honey and salt in a blender until smooth. Transfer to a bowl, then whisk in yogurt. Refrigerate.
3. Preheat grill to high. Oil grill.
4. Remove steak from marinade. Discard marinade. Season steak with salt and pepper, then place on grill. Barbecue 4 to 5 min per side, or until a thermometer registers about 130 to 135F for medium rare. Transfer to a cutting board and let rest for 5 to 10 min.
5. Salad: Meanwhile, combine ¼ cup dill, ¼ cup cilantro and mint with sliced green onion, chili, lime juice, 1 tbsp oil and pinch of salt in a medium bowl. Toss to coat.
6. Slice steak against the grain with a sharp knife. Spread yogurt sauce over a platter, and arrange steak slices overtop. Garnish with herb salad.

CUMIN-GRILLED FLANK STEAK WITH HERBY YOGURT SAUCE
P 70

COOL INTENTIONS

FALOODA
P 76

There are summer days when the thought of turning on the oven feels almost offensive. That doesn't mean you should skip your sweets! Here are four quick and cool liquid desserts that make a perfect post-dinner—or midday—treat.

SHARBAT 'E SEKANJABIN (PERSIAN MINT SHRUB)

P 76

TIP

The flavoured simple syrup used in this drink will keep well refrigerated for up to two weeks.

RECIPES AND TEXT BY **Chantal Braganza** PRODUCED BY **Sun Ngo** PHOTOGRAPHY BY **Christie Vuong**
FOOD STYLING BY **Sage Dakota** PROP STYLING BY **Rayna Schwartz**

MANGONADA

PREP 15 MIN; TOTAL 15 MIN

SERVES 4 *Even if you're serving a batch of this Mexican slushy on your teensy patio, everything about it screams beach: it's sweet, sour, a little spicy and extremely refreshing.*

3	large very ripe mangoes, peeled, chopped and divided
4 cups	frozen mango chunks
1 cup	mango purée or water
4	limes, juiced
¼ cup	chili-lime salt seasoning, such as Tajín
1	lime slice
½ cup	liquid chamoy sauce (see tip)
2 cups	crushed ice

1. Combine two-thirds of chopped mango with frozen mango, mango purée and lime juice in a high-powered blender. Blend until very smooth.
2. Pour chili-lime salt onto a plate. Wet the rim of 4 tall glasses with the lime slice; roll each rim in salt at an angle so it covers just the outside of the glass.
3. Drizzle up to 2 tbsp chamoy along the inside of each glass in swirling or looping patterns.
4. Layer blended mango mixture, crushed ice and reserved chopped mango in each glass, adding extra chamoy sauce along the way, if desired.

Kitchen tip Chamoy is a pickled fruit sauce that can be found online or in Latin American grocery stores.

CHANTAL BRAGANZA IS THE DEPUTY FOOD EDITOR AT *CHATELAINE*.

HWACHAE
P 76

TIP

Avoid using frozen fruit for this recipe; as the pieces thaw, they'll get mushy.

FALOODA

PREP 15 MIN; TOTAL 25 MIN, PLUS CHILLING TIME

SERVES 4 *The first time I tried this electric pink noodle dessert-meets-ice cream sundae was at Bombay Bhel restaurant in Mississauga, Ont., when I was a child. What a delight: the slip of cold noodles, the crunch of black basil seeds, and whole milk and vanilla ice cream to mix it all together. While rose syrup is commonly used in falooda, you can swap it for strawberry syrup if you wish.*

1	**85-g pkg strawberry gelatin**
¼ cup	**sweet basil seeds (see tip)**
1 cup	**cooked rice vermicelli noodles, soaked in cold water**
½ cup	**rose syrup, such as Rooh Afza, divided (see tip)**
4 cups	**cold 3.25% or evaporated milk, divided**
4	**scoops vanilla ice cream**
¼ cup	**pistachios, roughly chopped**
1 tbsp	**edible dried rose petals (optional)**

1. Prepare strawberry gelatin following package directions, then refrigerate until set. Once set, cut jelly into 1-in. squares and chill until ready to use.

2. Stir sweet basil seeds with ½ cup water in a medium bowl. Let stand until seeds develop a gel-like consistency, about 15 min.

3. Meanwhile, drain cooked vermicelli, then use kitchen shears to snip into manageable pieces that can be slurped through a straw.

4. To assemble, pour 2 tbsp rose syrup in each of 4 tall glasses or sundae cups. Top each with ½ cup milk. Stir gently to create an ombré effect without completely mixing syrup into milk. Layer each glass with ¼ cup vermicelli, 1 tbsp sweet basil seeds and ½ cup gelatin cubes, alternating each layer with 2½ tbsp milk.

5. Top with a big scoop of ice cream and garnish with chopped pistachios and rose petals, if desired. Serve immediately.

Kitchen tips

- Sweet basil seeds, also known as tukmaria or sabja seeds, can be found online or in specialty South Asian grocery stores. If unavailable, substitute with black chia seeds.
- Rooh Afza is a popular rose-flavoured syrup found in the South Asian aisle of your local grocery store.

SHARBAT 'E SEKANJABIN (PERSIAN MINT SHRUB)

PREP 10 MIN; TOTAL 25 MIN, PLUS COOLING TIME

SERVES 4 TO 6 *If you're a fan of lemonade, you'll love this sweet-tart-minty Persian drink. (In northern India, a different variation of the flavoured simple syrup is known as shikanji and prepared with lemon and savoury spices.) The amount of vinegar you add to the syrup will determine its level of tartness; feel free to adjust to your taste.*

Syrup

2 cups	**granulated sugar**
½ tsp	**salt**
3 to 4 tbsp	**apple cider vinegar**
1	**large bunch mint**

For serving

2 cups	**ice cubes**
1 cup	**finely shredded cucumber**
4 cups	**sparkling water**
	Mint leaves
4 to 6	**whole romaine lettuce leaves, washed and dried**

1. Syrup: Combine sugar with salt and 1 cup water in a small saucepan set over medium-high. Bring to a boil. Boil for 5 min, then gently stir in vinegar and mint. Reduce heat to medium and continue to simmer until mixture is slightly syrupy but not thick, 15 to 20 min. Carefully remove and discard mint. Set syrup aside until completely cool. Store in a glass container and keep refrigerated until ready to use.

2. To serve, divide ice and cucumber among 4 to 6 tall glasses. Pour 2 to 3 tbsp sharbat syrup overtop each glass. Top with sparkling water. (Add more syrup to taste, if desired.) Garnish with fresh mint leaves and a lettuce leaf. Serve immediately.

HWACHAE

PREP 15 MIN; TOTAL 15 MIN

SERVES 4 TO 6 *While it has roots in Korean cuisine that go back centuries, hwachae, which roughly translates to "flower drink," is wildly popular right now thanks to a wave of viral TikToks. This version, which mixes milk and carbonated soda, needs to be served immediately—the milk solids will split if you let it sit too long.*

2 cups	**ice cubes**
1 cup	**mixed berries, washed**
1 cup	**cubed watermelon (see tip)**
1 cup	**trimmed and sliced dragonfruit**
1 cup	**chopped mango**
1 cup	**popping boba (see tip)**
1½ cups	**strawberry milk**
1½ cups	**lemon-lime soda, such as Sprite**

1. Combine ice with berries, watermelon, dragonfruit, mango and popping boba in a large mixing bowl or punch bowl.

2. Carefully pour strawberry milk and soda overtop, mixing gently to combine but without agitating the carbonation too much. Serve immediately in individual bowls with cereal spoons.

Kitchen tips

- Unlike tapioca pearls, popping boba are juice-filled jelly pearls used in bubble tea. They can be found in any Asian grocery store in a range of colours and flavours.
- Watermelon, dragon fruit and mango can be cut out with miniature cookie cutters or a melon baller to create fruit stars, spheres and hearts.

Time for a *berry* delicious treat.

Honey, lime cream and sweet, in-season berries top this easy-to-make shortcake as a summer treat. Made with fresh, high-quality Ontario eggs that go from farm to your grocery store in only 4 to 7 days. That's *berry* fresh!

Seasons change. Eggs stay the same.

HONEY LIME MIXED BERRY SHORTCAKE

ABOUT 24 SERVINGS PREP TIME: 45 MINUTES BAKE TIME: 25 MINUTES

Ingredients:

Shortcake
4 cups (1 L) all-purpose flour
¼ cup (60 ml) granulated sugar
2 tbsp (30 ml) baking powder
½ cup (125 ml) frozen salted butter
1¼ cup (300 ml) 35% whipping cream
½ cup (125 ml) honey
3 eggs
2 tsp (10 ml) vanilla

Cream Layer
2 cups (500 ml) 35% whipping cream
⅓ cup (75 ml) each granulated sugar and honey
2 tsp (10ml) grated lime zest
2 tbsp (30ml)fresh lime juice
pinch of salt

Berry Topping
4 cups (1 L) mixed berries (raspberries, blueberries, blackberries and/or quartered strawberries)
1½ tbsp (22 ml) each lime juice and honey
2 tsp (10 ml) grated lime zest
2 tbsp (30 ml) chopped fresh mint leaves

Directions:

Preheat oven to 400°F (200°C). Line a large baking sheet with parchment paper. Shortcake: In a large bowl, whisk together flour, sugar and baking powder. Grate frozen butter into flour mixture. Work in with fingers for 1 minute.

In a medium bowl, whisk cream with honey, eggs and vanilla. Add wet mixture to dry mixture and stir until just combined. Turn dough onto prepared baking sheet and press into a 10 x 14-inch rectangle. Bake for 20 to 25 minutes or until light golden. Let cool completely on baking sheet.

Cream Layer: In the bowl of a stand mixture fitted with whip attachment, combine whipping cream, sugar, honey, lime zest, lime juice and salt. Whip on medium speed until stiff peaks form. Cover and refrigerate until ready to use, for up to 4 hours.

Berry Topping: In a large bowl, combine berries, lime juice, honey, lime zest and 2 tbsp (30 ml) mint.

Place cooled shortcake on a large serving platter and cut into 24 squares. Spread cream layer, and top with berry mixture. Garnish with additional mint leaves.

For egg recipe inspiration visit **getcracking.ca**

Egg Farmers of Ontario **get cracking.**

Cottage Cooking

RECIPES AND TEXT BY **Andrea Buckett**

The idea for *The Essential Cottage Cookbook* came to me one weekend at my family cottage. I had two days on my own, without my husband, kids or parents in tow, and I woke up one morning thinking about the important role food plays in my summer memories. Everything tastes better—fresher, more vibrant, spectacularly special. Even the simplest meals are improved just by being there.

I know I'm not alone in these memories and feelings. People from coast to coast share similar experiences—whether it's at a cottage, a cabin or a camp—that have shaped their histories, their families and themselves. No matter if you return to the same place each summer or seek out new ones to rent, these recipes are made for the cottages you know and the ones you don't.

No-Bake Kettle Chip "Nachos"

PREP 5 MIN; TOTAL 10 MIN

SERVES 4 *This recipe is a great way to fancy up a bag of salted kettle chips. The cast of fresh, herby, tangy, salty and creamy characters might seem odd, but they add just the right balance of flavours to plain crunchy chips.*

½ cup	sour cream
1 tbsp	lemon juice
½ tsp	pepper
1	200-g bag plain kettle chips
2 tbsp	tangy dill relish
3 tbsp	rainbow trout roe
2 tbsp	chopped fresh chives
2 tbsp	chopped fresh dill
1 tbsp	minced jalapeno pepper

1. In a bowl, combine the sour cream, lemon juice and pepper.
2. Arrange the chips in one layer on a platter or baking sheet. Dollop the sour cream mixture evenly over the chips, followed by the relish. Scatter the roe, chives, dill and jalapeno over top. Serve immediately.

No-Bake Kettle Chip "Nachos"

KITCHEN TIP
If rainbow trout roe isn't in your budget (or isn't your thing), opt for chopped candied salmon or smoked salmon.

Bright and Briny Tomato Salad

PREP 10 MIN; TOTAL 15 MIN

SERVES 6 TO 8 *There is no meal that wouldn't benefit from a large platter of seasonal tomatoes. Inspired by bruschetta, thick slices of the best tomatoes you can find are topped with a mix of bright, assertive flavours like red onion, black olives and garlic. The result is an outstanding snack when served with slices of grilled bread, or a beautiful side dish paired with your favourite barbecue meal.*

2 cloves	garlic, minced
½ cup	minced red onion
½ cup	minced black olives
½ cup	chopped fresh parsley
¼ cup	lemon juice
¼ cup	olive oil
¼ tsp	salt
5	field or heirloom tomatoes (about 3 lbs/1 ½ kg)

1. In a medium bowl, combine the garlic, onion, olives, parsley, lemon juice, oil and salt.
2. Cut the tomatoes into ¼-in.-thick slices and arrange them in one layer on a large platter. Season lightly with salt. Spoon the dressing over top and serve immediately.

Hoisin Portobello Burgers with Chili-Lemon Broccolini

PREP 25 MIN; TOTAL 75 MIN

MAKES 4 BURGERS *Mushrooms have long been a stand-in for meat-based burgers because of their substantial texture and their naturally umami-packed flavour. By adding plant-based ground round to the equation, I've increased the protein to create a more satisfying and filling burger. Be sure to choose* *portobellos with caps that curl toward the stem. The flatter caps don't provide a deep enough cavity to fill.*

Portobello Burgers

4	large portobello mushrooms
2 tbsp	oil
	Salt
1	340-g pkg plant-based ground round (see tip)
½ tsp	onion powder
½ tsp	garlic powder
¼ cup	hoisin sauce
¼ cup	panko
4	hamburger buns, sliced

Chili-Lemon Broccolini

1 bunch	broccolini, trimmed
2 tsp	oil
1 tsp	red pepper flakes
	Pinch of salt
½	lemon

For Serving

Ketchup
Mayonnaise
Sliced pickles
Sliced red onion

Hoisin Portobello Burgers with Chili-Lemon Broccolini
P 79

KITCHEN TIP
Choose a plant-based ground round product that forms easily into patties, not one that is crumbly. No broccolini? Use thinly sliced zucchini.

1. Use a teaspoon to gently remove the stem and brown gills on the underside of each mushroom cap. Try to keep the outer edge of the mushroom intact. Brush the mushrooms with the oil. Season the underside of the caps with salt.

2. In a large bowl, combine the ground round, onion powder, garlic powder, hoisin and panko. Divide the mixture into four equal portions and form each into a small patty. Gently press the patty into the hollow underside of each mushroom so that it fills the entire cavity. Transfer the mushroom patties to a plate, cover with plastic wrap, and chill in the fridge for at least 20 min or up to 24 hrs.

3. Preheat barbecue to medium-high (375 to 400F). Meanwhile, toss broccolini with oil and pepper flakes, and season with salt in a large bowl.

4. Grill the mushroom burgers and the broccolini at the same time. For the burgers, place patty-side-down on the barbecue. Grill, undisturbed, for 6 to 8 min, or until the patty has set and has grill marks. Do not fuss with the burgers. Use a stainless-steel spatula to gently turn the mushrooms over, close the lid, and grill for 5 to 6 min or until the ground round is cooked through and the mushrooms are tender. Do not attempt to flip the burgers again or the filling may fall out. Transfer the mushroom burgers to a plate and set aside.

5. For the broccolini, grill for 8 to 10 min, turning occasionally, until it's tender and slightly charred. Transfer the broccolini to a cutting board and chop into 2-in. pieces. Squeeze juice from lemon half over top. Grill the buns, cut side down, until toasted.

6. Top the bottom half of each bun with a mushroom burger, followed by some broccolini. Add your desired toppings and cover with the top half of the bun. Dig in. Leftovers will keep in an airtight container in the fridge for up to 2 days.

Chocolate Raspberry Ripple Cookies

PREP 10 MIN; TOTAL 1 HR

MAKES 28 COOKIES

Rippled throughout with streams of dark chocolate and crimson raspberry, these bakery-style cookies are the perfect balance of tart, aromatic fruit and rich dark chocolate, with candied edges and a soft,

Bright and Briny Tomato Salad
P 79

KITCHEN TIP

If you don't have a large enough platter to hold all the tomato slices in a single layer, stack the slices instead, spooning dressing in between each layer.

KITCHEN TIP

If your kitchen is on the warmer side or it's a hot summer day, chill the dough in the freezer for 10 min before portioning the cookies. The same applies if you need to take a break between making the dough and baking the cookies.

Chocolate Raspberry Ripple Cookies P 80

chewy interior. Using frozen raspberries keeps the colour from seeping out and helps to chill the batter, which saves time before baking—be sure to keep them frozen until it's time to mix them into the batter. These are stellar cookies on their own, but don't miss out on sandwiching vanilla ice cream between two of them.

¾ cup	**butter, at room temperature**
1 cup	**granulated sugar**
½ cup	**packed brown sugar**
1	**egg, at room temperature**
1 tsp	**vanilla extract**
2 cups	**all-purpose flour or gluten-free flour**
½ tsp	**baking soda**
150 g	**70% dark chocolate (about 1½ bars), roughly chopped**
1¼ cups	**frozen raspberries**

1. Position one rack in the upper middle and one in the lower middle of the oven. Preheat the oven to 350F. Line two baking sheets with parchment paper.

2. Using a stand mixer fitted with the paddle attachment, or a handheld mixer in a large bowl, beat the butter and sugars on medium-high speed until light and fluffy, about 3 min, scraping down the sides of the bowl halfway through. Add the egg and vanilla, and beat on low speed for 1 min or until everything is well incorporated. Scrape down the sides.

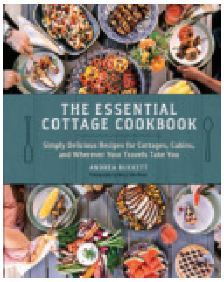
3. Add the flour and baking soda, and mix on low speed until it just comes together, forming a thick batter. Add the chocolate and mix on low for about 15 sec or until the chocolate is evenly distributed throughout. Add the raspberries and mix on low for about 15 sec or until the berries are just mixed in. Don't overmix, as it will cause the raspberries to thaw, break apart and bleed into the dough too much.

4. Using a small cookie scoop (roughly 2 tbsp), portion the dough into compact balls and place eight balls on each prepared baking sheet, at least 2 in. apart. Refrigerate the remaining dough.

5. Place one pan on the upper rack and the other on the lower rack. Bake for 14 to 16 min, rotating the pans and swapping their positions in the oven halfway through, until the cookies are golden brown. Let cool on the pans for 10 min, then transfer the cookies to a cooling rack to cool completely. Repeat steps 4 and 5 to bake the remaining cookies.

6. Transfer the cooled cookies to an airtight container, with parchment paper between layers. Store at room temperature for up to 4 days—if they last that long.

* * *


THE ESSENTIAL COTTAGE COOKBOOK
Simply Delicious Recipes for Cottages, Cabins, and Wherever Your Travels Take You
ANDREA BUCKETT

Andrea Buckett's
The Essential Cottage Cookbook is out now.

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THE TAKEAWAY

OUR ADVICE FOR BEING YOUR BEST COOK

Ready to get your grill on but don't know where to start? Here are five things to consider when shopping for a new BBQ.

WRITTEN BY **Chantal Braganza** ILLUSTRATIONS BY **Yesenia Reyes**

WAIT. DO I ACTUALLY NEED A NEW GRILL?

Some issues can be fixed at home. Flare-ups may indicate the cooking grate or grease trays need a deep clean. If the grates have rust, they can be replaced. Cracked hoses and connectors on gas grills should always be replaced, as they're fire hazards. (In both cases, ensure that replacement parts don't affect the grill's warranty.)

Uneven heat or faulty ignition may require pro repair or total grill replacement according to Gary Scott, vice president of Napoleon, a Canadian grill manufacturer. Another red flag? The colour of the flame. "Yellow or orange flames—instead of the desired blue—can indicate a blockage in the burner tubes," says Michael P. Clive, a Weber Grill Master.

1

OKAY, I DEFINITELY NEED A NEW GRILL. WHERE DO I START?

Pick a fuel type! Here's a breakdown.

CHARCOAL is the gold standard for flavour, but this deliciousness takes time: A charcoal grill needs up to 30 minutes of preheating before it's hot enough to cook on.

GAS grills heat up quicker and burn cleaner than charcoal. While the heat doesn't give food that smoky finish, you can replicate it with a smoker box filled with wood pellets. But condo dwellers, take note: most buildings don't allow this type of grill on balconies.

ELECTRIC grills are the most eco-friendly option, and perfect for those who can't use charcoal or gas in their outdoor spaces. The downside? They often don't get as hot as gas or charcoal, and infra-red ones can be pricey.

2

HOW HOT DOES A GRILL NEED TO GET?

Grill heat is rated in British Thermal Units (BTUs)—how much fuel the BBQ uses in a period of time. "People think that a grill with a high BTU means hotter and therefore better. What's important is how efficiently those BTUs are distributed and used," Clive says. A range between 80 and 100 BTUs per square inch is industry standard; anything higher isn't particularly beneficial. Instead, says Clive, look at the components that handle heat distribution: how many burners it has if it's gas, how well and quickly they ignite, vent size (smaller is better for controlling heat), and if the lid fits tightly. Also, ensure it's a sturdy product made with heavy materials—especially the grill itself.

3

WHAT ABOUT MAINTENANCE?

Charcoal grills require the most elbow grease in terms of cleaning, as you'll need to remove all cooking ash from the BBQ every time you use it. You'll want to regularly check gas BBQ connectors for leaks and in all cases, scrub the grill down after each use. Gas-powered, griddle-style BBQs are becoming more popular, says Clive. These flat-top cooking surfaces are incredibly easy to clean (while they're still hot) using water and a bench scraper.

4

DOES SIZE MATTER?

It comes down to how much space you have and, more importantly, how you intend to cook with the BBQ itself. Have a huge backyard, but not much of a dinner party host? Then an SUV-sized grill that can accommodate up to 12 steaks shouldn't be your first pick.

5

HOW MUCH SHOULD I SPEND?

Generally speaking, you will pay more for a good-quality, long-lasting grill—and the base price will change depending on the type of grill you choose. With fewer parts, a simple charcoal BBQ, such as Weber's standard kettle grill, can run you as little as $260. A basic gas grill made with sturdy materials will start at around $500.

Sesame Oil
Canola Oil
Virgin Olive Oil
Ghee
Peanut Oil
Pistachio Oil
Extra-Virgin Olive Oil
Walnut Oil
Virgin Avocado Oil
Coconut Oil
Flaxseed Oil

Essential Oils

Stumped on which oil to cook with? Here are our favourites for flavour, nutrition and price.

GROCERY SHELVES teem with many types of cooking oils. Here's how to make sense of the selection—and cut down on cost, too.

General Cooking

Braises, sautés, stir-fries and other methods that require a cooking temperature of 375F or less will work with a variety of oils. What's "best" depends on your priorities. Looking for a healthier option? Virgin avocado oil and extra-virgin olive oil are gold standards because they are lower in saturated fats and higher in polyphenols than vegetable oil or butter, though both have been affected by price inflation.

For a neutral (and more affordable) flavour profile, canola is an excellent made-in-Canada choice. Another option is ghee, a shelf-stable clarified butter that costs less and has a higher smoke point than the fresh stuff. It's also richly flavoured—though it's best saved for dishes that only call for small amounts, due to its saturated fat content.

Deep Frying

If you're submerging something completely in hot oil—whether it's french fries, chicken wings or donuts—the oil needs a smoke point of 400F. Chemically stable and neutral-tasting oils such as peanut and canola are top picks. While avocado oil often gets recommended for deep frying, it can be pricey, and the health benefits of virgin (i.e. pressed) oils go out the window at such high heat. Our advice? Given how much oil you need for a deep fry, it's best to use what's affordable.

High-Heat Cooking

For a crispy sear on a steak or skin-on fish, you need a high-smoke-point oil—and since you're only using a tbsp or two, heart-healthy and nutritious avocado oil is an excellent choice.

Seasoning

There are many flavourful seed and nut oils for dressings, marinades and dips, including walnut, flaxseed, pistachio and wallet-friendly sesame (which we love for its nutty punch). But for versatility, shelf life and health benefits, extra-virgin olive oil—the real stuff—is our top pick. We also love it for baking. Ⓒ

PRODUCED BY AIMEE NISHITOBA. PHOTO, CHRISTIE VUONG. FOOD STYLING, SAGE DAKOTA. PROP STYLING, NICOLE BILLARK. TEXT, CHANTAL BRAGANZA.

Rosé? For Summer? Groundbreaking!

No, really: welcome to the world of funky and delicious pink wines. WRITTEN BY **Vidal Wu** ILLUSTRATION BY **Yesenia Reyes**

AS sure as the sun rises, the people demand rosé when it gets warm out. Despite its popularity, pink wine has a bit of a basic reputation among aficionados; it's often considered an unserious drink you can throw an ice cube into without remorse. As such, many large-scale wineries treat it as exactly that: an inexpensive, easy-to-produce product that doesn't require much sophistication to sell well. But a new cohort of winemakers are taking rosé seriously, using different techniques to make deeper, darker and weirder pinks.

Rosés get their signature hue from the juice of red grapes that are macerated on their skins for a short time—just enough to gain some colour and texture before turning the wine into a full-blown red. Typically, that looks like a breezy pale pink, often referred to as a Provence style of rosé, similar to the ever-popular Miraval: bone dry, high acid, mineral-driven and just barely fruity.

A newer crop of darker rosés are macerated for longer, extracting more flavour from the skins. This results in medium- and full-bodied wines with more depth and complexity. Some can be served like a light red, and pair wonderfully with food.

Then there are rosé blends, which use red *and* white grapes to balance fruit, sugar, acid and tannins. Made from a wider breadth of grapes than traditional rosés, these wines highlight what's growing locally.

Feeling extra-freaky? Dive into the weird world of co-ferments, which run the gamut from wines that embrace ingredients such as herbs, spices and additional fruits—pushing the boundaries of what wine can be—to wines where different grapes are farmed and fermented together.

Co-ferments can be darker and cloudier—and might even border on orange wine in texture and taste. Varieties like pinot gris, gewurztraminer and vidal—the star of Canadian icewine—can ripen unevenly, producing wines that defy categorization when fermented together. They could have a slight bit of spritz, smell funky or capture an entirely un-wine-like flavour.

Famously, Austria's Gut Oggau does not list what's in the blend, instead capturing the personalities of their co-ferments with a hand-drawn face on the label. Others, like Ontario's Revel Cider, use grapes and other local fruits, herbs and spices to bring sustainability and an experimental spirit to the forefront.

FOUR ANYTHING-BUT-BASIC ROSÉS TO TRY

13th Street 'Expression Series' Cabernet Franc Rosé 2023 🇨🇦
This robust Niagara rosé punches above its weight with summery flashes of watermelon rind, rhubarb, honeycrisp apple and raspberry. *$18, lcbo.com*

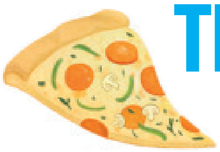
Glooscap First Nation x Benjamin Bridge Rosé 2022 🇨🇦
Half the profits from this Nova Scotia blend—with notes of blood orange and lemon Starburst—go to the local Mi'ikmaq community. *$27, lcbo.com*

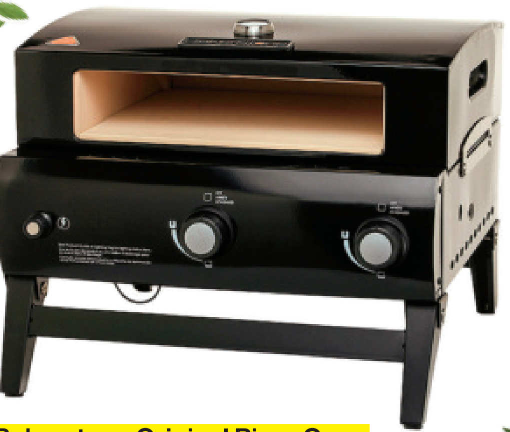
Maenad Wine Co. Vidal Pet-Nat 2022 🇨🇦
Concord grapes, native to Ontario, feature in this floral and slightly freaky pet-nat. It's also made without added sulphur—rare in Canadian winemaking. *$29, drinkcollab.ca*

Revel Cider x Grape Witches Chambarine 🇨🇦
This collab between the Guelph, Ont. cider makers and the Toronto-based natural wine impresarios mixes nectarines and chambourcin grapes for a bright, bouncy and very bubbly co-ferment. *$23, grapewitches.com*

TEST DRIVE

Three Editor-Approved Pizza Ovens That Will Put Any Pie On Blast





Bakerstone Original Pizza Oven

This oven is super simple to use: It connects easily to your barbecue's gas tank, takes 15 to 20 minutes to heat up and has an indicator that shows when the temperature is in the right range for pizza. The oven is hotter at the back, so you'll have to rotate the pizza regularly, but once I got the hang of it I got that slightly charred, doughy, pizza-shop smell in three to four minutes of cooking. While I hesitate to recommend anything gas-powered—if we're serious about the climate crisis, we need to cut down what we burn—propane is at least cleaner than burning wood or charcoal.

—Gillian Grace, deputy digital editor

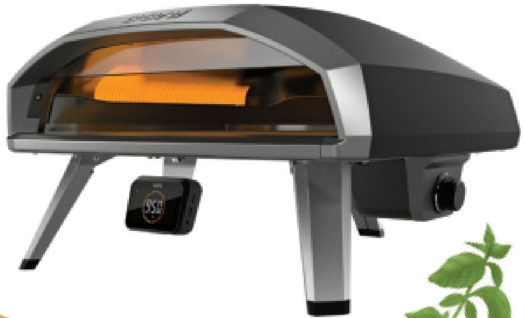
$399, homedepot.ca

Ooni Koda 2 and Ooni Koda Max

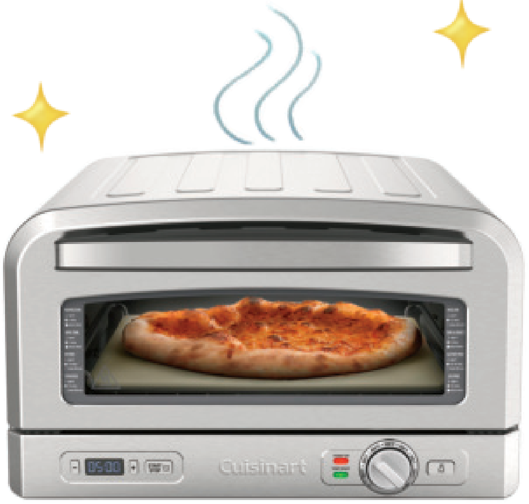
I've been cooking with my gas-powered Ooni pizza oven for four summers now, and I still love it. It consistently heats up to 800F within 15 minutes and turns out reliably crispy, blistered pizzas in two to three minutes. The only hitch: the Ooni Koda 2's cooking space fits one pizza at a time. If you can splurge, upgrade to the Koda Max, which boasts almost twice the cooking space and a higher ceiling. With either model, don't limit yourself to pizza. If it can lay flat in a cast-iron frying pan (steak, flatbreads, veggies, fish), you can cook it in these ovens.

—Chantal Braganza, deputy food editor

$649 (Koda 2) and $1,499 (Koda Max), ca.ooni.com



Scan to shop!



Cuisinart Indoor Pizza Oven

This electric oven is excellent for making focaccia, calzone and a quick New York-style pie—but it doesn't hit the high temperatures that Neapolitan-style pizza requires. (The oven guide says you can make a Neapolitan at 700F for 15 minutes, but that airy, blistered and slightly chewy crust can't happen without a temperature of at least 800F.) Still, at $300, this is one of the most affordable options on the market, and it comes with a tool kit to boot: a pizza stone, a metal peel with a wooden handle and a nonstick deep dish pan. The oven is light and compact—it fits easily on the countertop—and takes just 10 to 15 minutes to heat up.

—Jan Reitchelle Atanacio, food writer

$300, canadiantire.ca

ILLUSTRATIONS, YESENIA REYES

VEGAN CEVICHE
TUNA CEVICHE

RECIPE AND TEXT BY
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FOOD STYLING BY
Sage Dakota
PROP STYLING BY
Madeline Johari

THE SCIENCE OF CEVICHE

THE FIRST TIME I TRIED CEVICHE was at a Peruvian restaurant in Miami on the insistence of my Peruvian taxi driver. Instead of taking me to my hotel, as requested, he delivered me to a hole-in-the-wall lunch spot. (I didn't put up much of a fight!) On a Formica table covered with a clear plastic tablecloth, ceviche became my new obsession. The fish was silky and cold, firmed up by lime juice. Red onion added a juicy crunch, while the citrus hit was so bright it made my tongue tingle.

I've since had many iterations in Mexico, with raw tuna or chargrilled octopus drenched in tangy lime juice and piled high on hot, crispy tostadas, and in Hawaii, where Japanese culinary influence introduced soy sauce and sesame oil to the mix.

While traditional ceviche is made with fish or seafood, I also love plant-based versions that mimic the texture and bright flavours using ingredients like hearts of palm and avocado. Every style is delicious, especially if you can work in a little extra seasoning from a warm ocean breeze.

Tuna Ceviche

PREP 5 MIN; TOTAL 15 MIN

SERVES 4 *Fresh, bright and packed with flavour, this tuna ceviche comes together in minutes. The citrus cures the fish just enough to keep it tender while still letting the bold flavours shine. Serve with tortilla chips, tostadas or cucumber slices.*

200 g	sushi-grade tuna, diced
2 tbsp	minced red onion
2 tbsp	minced jalapeno
2 tbsp	fresh lime juice
4 tsp	fresh lemon juice
2 tbsp	chopped cilantro
2 tsp	olive oil
¼ tsp	kosher salt

1. Stir tuna with onion, jalapeno and lime and lemon juices in a medium bowl. Cover and refrigerate for 10 min.

2. Stir in cilantro, oil and salt. Taste and adjust seasoning, if needed.

Vegan Ceviche

PREP 5 MIN; TOTAL 15 MIN

SERVES 4 *Hearts of palm have a naturally flaky, tender texture that reminds me of a cross between cooked baby potatoes and artichoke hearts. They work really well as a substitute for seafood. One note: They're often packed with citric acid, which can make them extra tangy—avocado adds creaminess to balance this tartness.*

1	398-mL can hearts of palm, drained and coarsely chopped
¼ cup	minced red onion
2 tbsp	fresh lime juice
2 tbsp	minced jalapeno
2 tbsp	minced cilantro
1 tbsp	olive oil
⅔ tsp	kosher salt
¼ tsp	black pepper
1	avocado, diced

1. Stir hearts of palm with onion, lime juice and jalapeno in a medium bowl. Set aside for 10 to 15 min.

2. Stir in cilantro, oil, salt and pepper. Taste and adjust seasoning, if needed.

3. Just before serving, gently fold in avocado.

JENNIFER PALLIAN IS A FOOD SCIENTIST, RECIPE DEVELOPER AND BLOGGER AT FOODESS. SHE LIVES IN VANCOUVER.

A QUICK CURE

Ceviche is made by marinating raw fish or seafood in citrus juice, which gives the protein a firm texture without using heat.

Many people think that the acid "cooks" the fish. In reality, acid doesn't cook anything; it denatures the proteins, turning the seafood opaque and firm, similar to what happens when it's cooked. The difference is that heat unravels proteins in a way that causes them to bind tightly together, while acid keeps them more loosely connected, preserving a silkier texture. And that's what I love about this method—the fish remains buttery-soft and delicate.

Timing matters: a brief marination of about 10 minutes keeps the fish tender. After 15 minutes, it can turn rubbery or mushy as the acid continues to break down the proteins.

Citrus doesn't kill bacteria the way heat does, so using sushi-grade fish is key for food safety. You can find it in the freezer of most grocery stores, where it's often labelled as sashimi.

✳ DEAD SIMPLE DESSERT ✳

My Cherry Amour

Sour Cherry Cobbler

PREP 10 MIN; TOTAL 50 MIN

SERVES 6 *This jammy cobbler, with a lemony biscuit topper, delivers pie vibes in a fraction of the time. (The oven or the grill—see tip—does most of the work.) Two caveats: Be sure to let the cherry juices boil before taking the cobbler out of the oven; this ensures a thickened filling. Then, allow to fully cool before serving so the flavours can settle and the filling can set.*

Filling

5 cups	fresh or frozen pitted sour cherries (see tip)
¾ cup	granulated sugar
3 tbsp	tapioca starch
1 tbsp	fresh lemon juice

Topping

1½ cups	all-purpose flour (180 g)
3 tbsp	granulated sugar (37 g)
2 tsp	baking powder
1 tsp	kosher salt
1½ cups plus 1 tbsp	35% cream, divided
1 tsp	lemon zest
2 tsp	coarse sugar

1. Position rack in centre of oven, then preheat to 350F. Generously butter a 9-in. round cast-iron pan or baking dish.

2. Filling: Combine cherries with ¾ cup granulated sugar, tapioca starch and lemon juice in a large bowl. Stir until cherries are well coated. Transfer to prepared pan.

3. Topping: Stir flour with 3 tbsp granulated sugar, baking powder and salt using a fork in a medium bowl. Add 1½ cups cream and zest. Stir until no streaks remain (batter will be wet). Dollop 8 to 9 large spoonfuls of batter over filling. Brush tops with 1 tbsp cream and sprinkle with coarse sugar.

4. Bake until cherry juices are bubbling and topping is golden and baked through, 40 to 45 min.

Kitchen tips

- If using frozen cherries, measure them when frozen (or weigh out 625 g) but let them stand at room temp to soften before using. You may need to bake the cobbler up to 10 min longer.
- You can also bake this on a BBQ if using a cast-iron pan. Preheat grill to 350F, then turn off the middle burner (or one side). Bake cobbler over indirect heat. Rotate the pan 180 degrees halfway through baking so it cooks evenly.

ESHUN MOTT IS A TORONTO-BASED RECIPE DEVELOPER, FOOD STYLIST AND OWNER OF FLAVOURFULL.CA.

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